

The South Asian Eatwell Plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

FRUIT & VEGETABLES

Eat Plenty! Eat at least 5 portions a day. Packed with vitamins, minerals and fibre.

PULSES, DAHL, NUTS, FISH & MEAT

Eat some of these foods everyday.
Eat 2 portions of fish a week, one of these should be oily fish.
Rich in protein, vitamins and minerals.



BREAD, CEREALS, CHAPATTIS, RICE & POTATOES

Try to include one starchy food with each meal. Choose wholegrain, high fibre varieties when you can. Great energy foods and they contain vitamins, minerals and fibre.

FOODS & DRINKS - HIGH IN FAT &/OR SUGAR

Eat and drink these only occasionally and try to only have small amounts.
Sugary foods and drinks eaten frequently can lead to tooth decay.
Choose low fat and low sugar varieties whenever possible.

MILK & DAIRY FOODS & DRINKS

Eat some of these foods everyday.
Choose lower fat options when you can.
Rich in protein and calcium.

8 Tips for Eating Well

Base your meals on starchy foods



Eat lots of fruit and vegetables



Eat more fish - include a portion of oily fish each week



Cut down on foods and drinks that are high in fat and/or sugar



Get active and try to be a healthy weight



Eat less salt - no more than 6g a day for adults



Drink plenty water



Don't skip breakfast



Small changes can lead to big benefits.

Foods I can eat more of...

Changes I can make...

For more information on healthy eating and to download useful nutrition resources log onto www.nhsforthvalley.com/healthpromotion. Then choose 'Nutrition'.