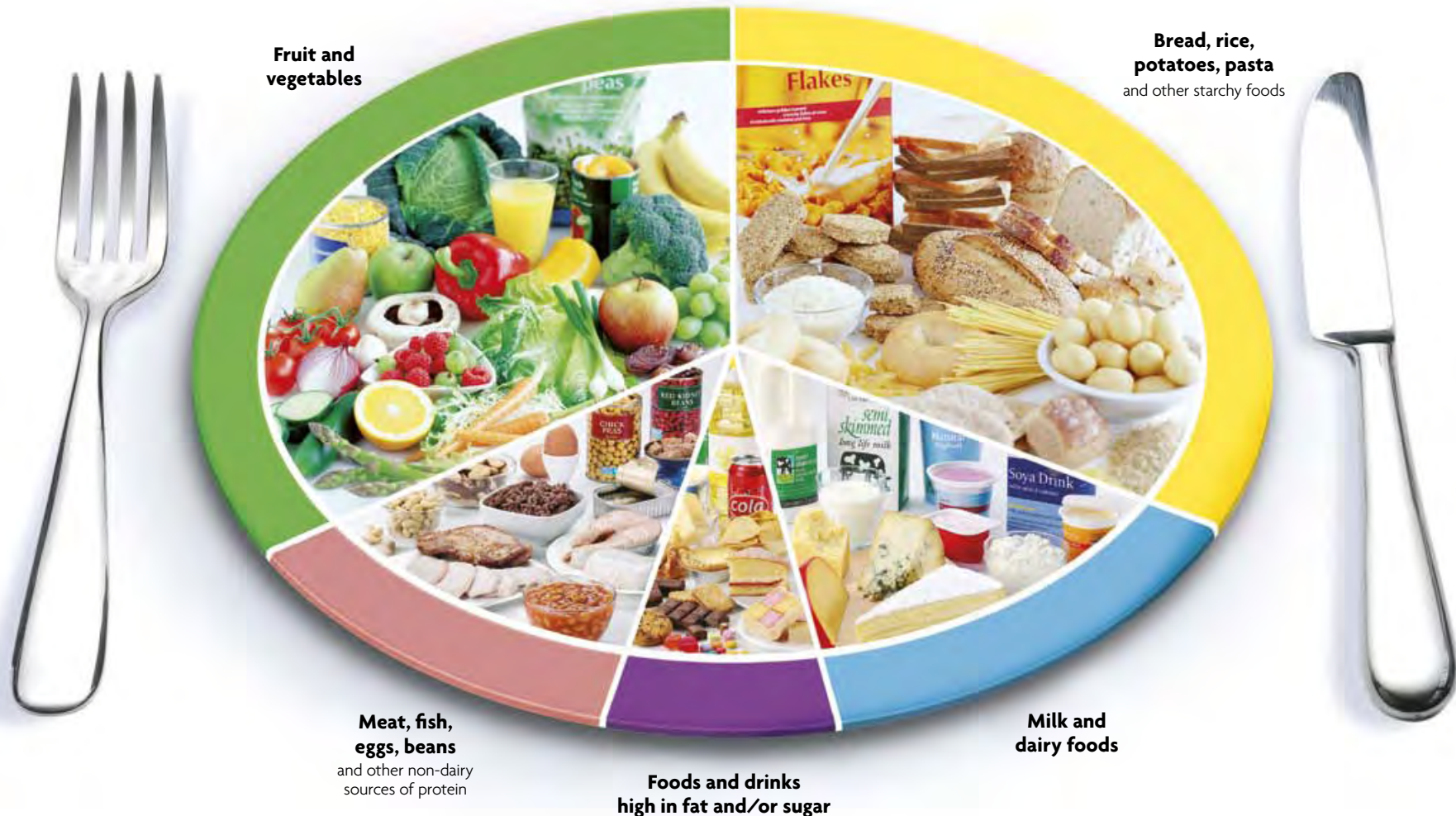


The Eatwell Plate

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.



Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

www.monkeywellbeing.com

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