

The Eatwell Plate – Portion Sizes

The eatwell plate shows the 5 food groups that make up a healthy diet.

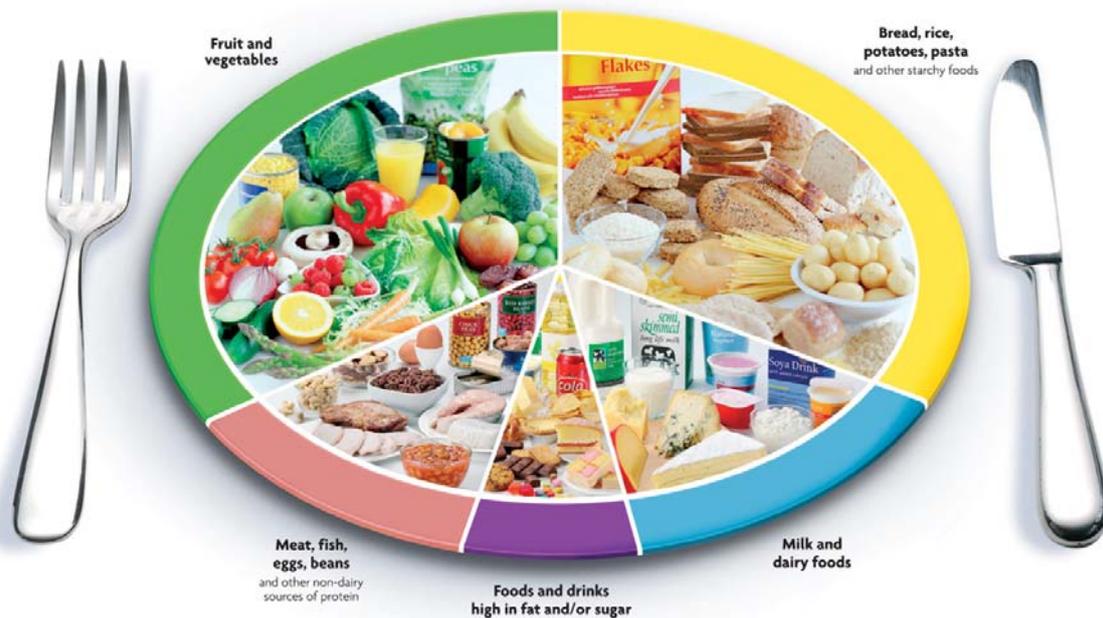
This means eating more starchy foods (such as bread, potatoes, pasta and rice) and more fruit and vegetables. Dairy products and meat dishes should be eaten in smaller amounts, with the foods rich in fat and sugar being kept as treats.

The eatwell plate is the basis for dietary advice for everyone, including people who are overweight, have diabetes or raised cholesterol levels.

Your nurse will discuss with you how many servings from each group you need each day.

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.



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Food Group and Daily Recommended Serving for Health	You Need	Portion Sizes
Bread, other cereals and potatoes - include wholegrain products. At least 6 a day.		3 tbs breakfast cereal, 1 Weetabix or Shredded Wheat 1 slice bread/toast or ½ bread roll small pitta bread/chapatti 3 crackers 1 egg sized potato, 1 spoon mashed potato 2 tbs rice or pasta, noodles (uncooked)
Fruit and vegetables - include a mixture of vegetables and fruit . At least 5 a day.		3 tbs vegetables/tinned/stewed fruit Cereal bowl of salad Piece of fresh fruit, eg, one apple, one pear or handful grapes/berries, 2 small fruit eg satsumas, plums, 1 tbs dried fruit 150ml fruit juice
Milk & dairy foods - choose lower fat types 2-3 portions a day		200ml (1/3 rd pint) of milk small pot of yoghurt, cottage cheese or fromage frais 1½oz/40g cheese (a small matchbox sized chunk).
Meat, fish and alternatives - choose lower fat types 2-3 portions a day		2-3oz/50-70g beef, pork, ham, lamb, liver, kidney 2-3oz/50g-70g chicken or oily fish (cooked weight) 4-5oz/100-150g white fish (not fried in batter) 2 eggs (up to 6 per week) 3 tbs baked beans 3 tbs pulses/lentils (cooked)
Fatty and sugary foods Try to keep as occasional treats		Butter, margarine or spread, low fat spread, cooking oil, mayonnaise or salad dressing, sugar, cream, ice cream, individual pie, sausage roll, packet (28g) crisps, chocolate bar etc
Drinks	8-10	250ml (½ pint) mug/cup/glass of water, tea, coffee, sugar-free drinks, unsweetened fruit juice.
Alcohol	Men 3-4 units a day Women 2-3 units a day with some days off each week	1 unit is: ½ pint ordinary strength beer/cider 1 small (125ml) glass of wine 1 pub measure of spirits

The Eatwell Plate – portion sizes (03.11)
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