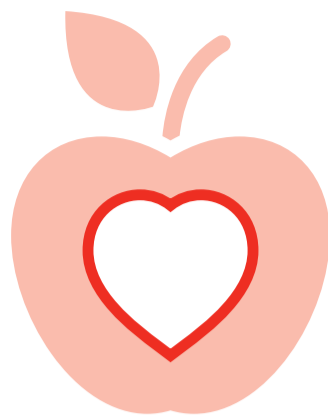
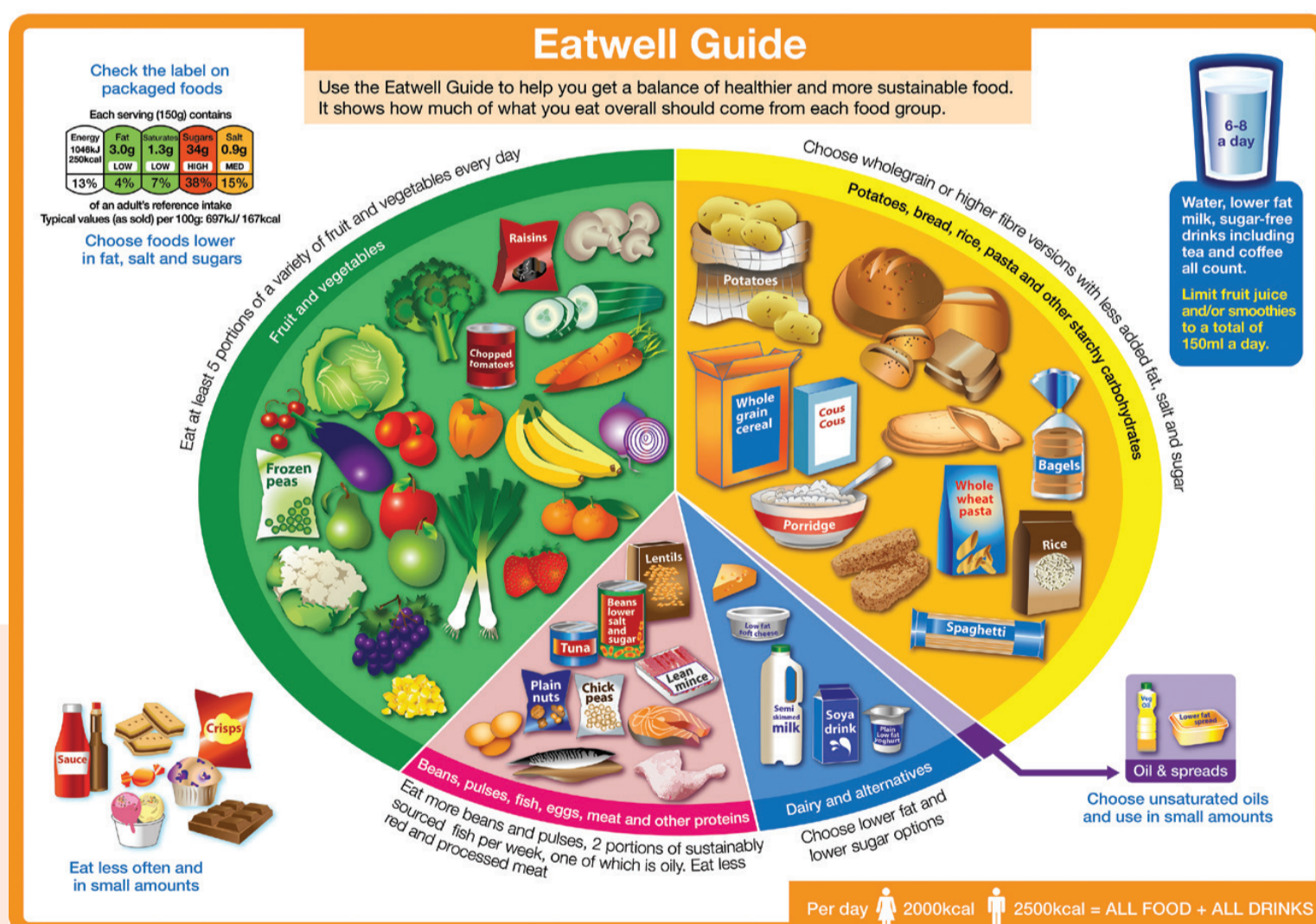


Healthy Eating



Our diets should contain a variety of healthy foods, to help us get the wide range of nutrients that our bodies need to reduce the risk of many health conditions.

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet over a day or even a week.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The key to a healthy diet is to eat the right amount of calories for how active you are so you can balance the energy you consume with the energy you use.

For more information on healthy eating, including recipes and advice, visit www.nichs.org.uk