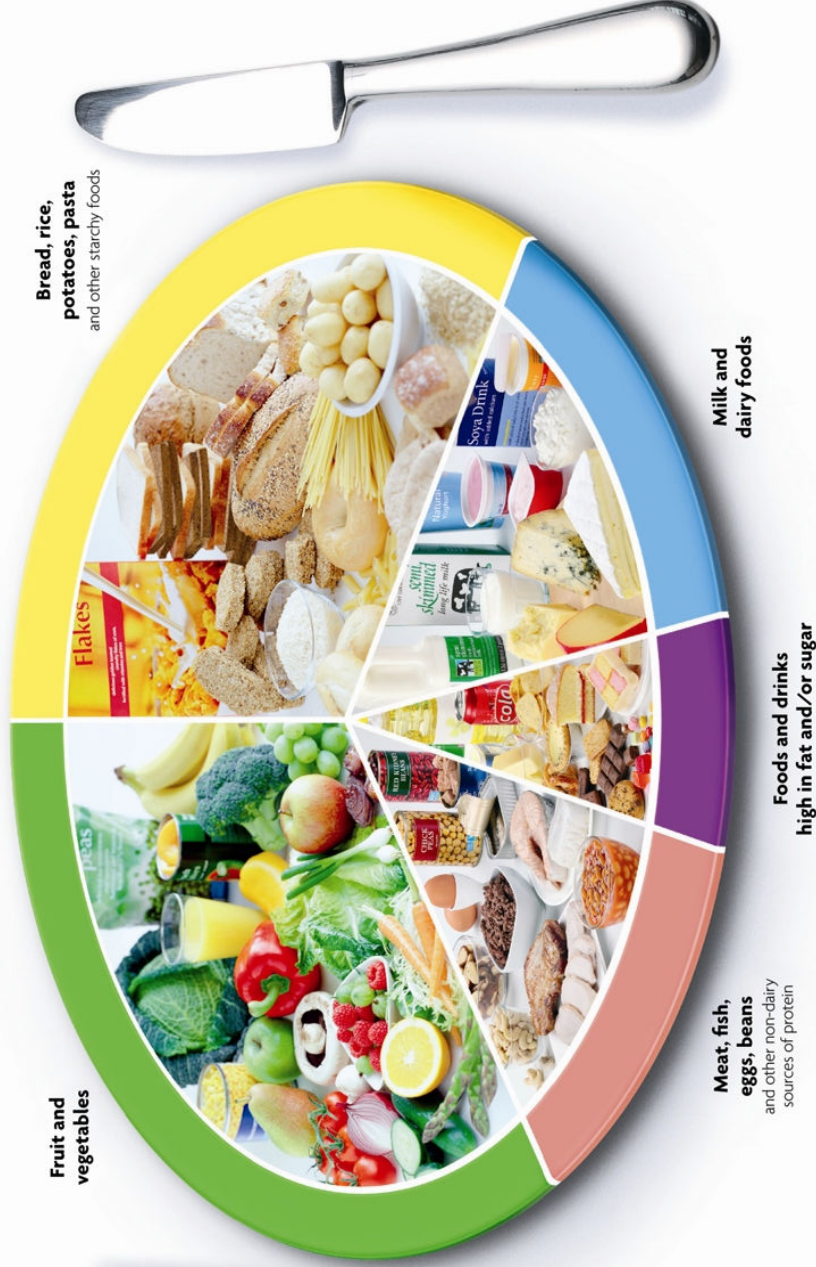


# The eatwell plate

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