Enjoy a variety of foods using the Eatwell Guide to help you choose the right amounts from each group

1. Base your meals on starchy carbohydrates
   Choose wholegrain high fibre varieties where possible

2. Eat at least 5 portions of a variety of fruit and vegetables every day

3. Aim for at least two portions of sustainably sourced fish a week, one of which should be oily

4. Cut down on saturated fat and sugar

5. Eat less than 6g (around 1 teaspoon) of salt each day

6. Get active and maintain a healthy weight

7. Keep hydrated and aim for 6-8 glasses of fluid each day

8. Don’t skip breakfast