

Eatwell Guide

What is the Eatwell Guide?

The Eatwell Guide is a government tool to help us understand what makes up a healthy balanced diet. It divides the foods we eat and drink into 5 main food groups.

It is important that we try to choose a variety of different foods from each of the groups to help make sure we get the wide range of nutrients our bodies need to stay healthy.

We do not need to achieve this balance within every meal, but it is important that we get the balance right over a day or even a week.

