

## **FOOD GROUP PORTIONS**

### **Fruit and vegetables**

A portion is 80g or any of these:

- 1 apple, banana, pear, orange or other similar-size fruit;
- 3 heaped tablespoons of vegetables;
- a dessert bowl of salad;
- 30g of dried fruit  
(counts as a maximum of one portion a day);
- 150ml glass of fruit juice or smoothie  
(counts as a maximum of one portion a day).

### **Potatoes, bread, rice, pasta and other starchy carbohydrates**

Base your meals around starchy carbohydrate foods:

- start the day with a wholegrain breakfast cereal - choose one lower in salt and sugars;
- have a sandwich for lunch;
- round off the day with potatoes, pasta or rice as a base for your evening meal.

## Protein

Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish. Most people should be eating more fish, but there are recommended limits for oily fish, crab and some types of white fish.\*

**\*Please see**

**[www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx)**

**Also [www.msc.org/](http://www.msc.org/) for more guidance on sustainably sourced fish**

If you eat more than 90g of red or processed meat per day, try to cut down to no more than 70g per day. The term processed meat includes sausages, bacon, cured meats and reformed meat products.

To cut down on fat:

- choose lean cuts of meat and go for leaner mince;
- cut the fat off of meat and the skin off of chicken;
- try to grill meat and fish instead of frying;
- have a boiled or poached egg instead of fried.

## Dairy and alternatives

Go for lower fat and lower sugar products where possible. For example, try:

- 1% fat milk which contains about half the fat of semi-skimmed milk without a noticeable change in taste or texture;
- reduced fat cheese which is also widely available;
- have a smaller amount of the full-fat varieties less often;
- going for unsweetened, calcium-fortified versions when buying dairy alternatives.

# The Eatwell Guide Quiz

**1. How much fibre are adults recommended to consume per day?**

10 grams

19 grams

25 grams

30 grams

**2. Which one of the following food groups is not essential for health?**

Oil and spreads

Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

**3. True or false? People with type 2 diabetes should not follow the Eatwell Guide as they require special diets.**

True

False

**4. How many portions of fish is it recommended that we all consume per week?**

0 portions

1 portion

2 portions, one of which is oily

At least 4 portions, of which 2 are oily

**5. Which of the following counts as 1 of your 5-A-DAY?**

Strawberry Jam

Fruit/vegetable juice or smoothies (150ml)

Potatoes

All of the above

**6. How much fluid should you aim to consume per day?**

1-3 glasses

4-6 glasses

6-8 glasses

As much as you can

**7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?**

As they are high in free sugars

As they are high in vitamin C

Because only water counts towards your fluid intake

As they never count towards your 5-A-DAY

**8. Which of the following would help increase your fibre intake?**

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above