

The Balance of Good Health



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The Balance of Good Health is a pictorial representation of the recommended balance of foods in the diet.

It applies to most people, including vegetarians and from all ethnic origins, except to children under the age of two years.

Eight Guidelines for a Healthy Diet

The Balance of Good Health is based on the Government's Eight Guidelines for a Healthy Diet:

1. Enjoy your food.
2. Eat a variety of different food.
3. Eat the right amount to be a healthy weight.
4. Eat plenty of foods rich in starch and fibre.
5. Eat plenty of fruit and vegetables.
6. Don't eat too many foods that contain a lot of fat.
7. Don't have sugary foods and drink too often.
8. If you drink alcohol, drink sensibly.



The Balance of Good Health is based on five food groups which are:



Fruit and Vegetables



- Aim for at least 5 portions a day.
- Fresh, dried, frozen, canned and juiced - they all count.

Main nutrients: carotene, vitamin C, folates and fibre

Bread, other cereals and potatoes



- Eat plenty of foods rich in starch and fibre.
- Fill-up on bread, potatoes, rice, pasta and yams.

Main nutrients: carbohydrate (starch), some calcium and iron, vitamin B, and fibre

Milk and dairy foods



- Help bones and teeth to grow strong and stay healthy.
- Try lower-fat options.

Main nutrients: calcium, protein, vitamin B12, vitamins A & D

Foods containing fat and foods containing sugar



- Don't eat too many foods that contain a lot of fat.
- Don't have sugary foods and drinks too often.

Composite Dishes

Much of the food eaten is in the form of dishes, combining many different food groups.



- **dough base:** bread, other cereals and potatoes
- **cheese:** milk and dairy foods
- **sausage:** meat , fish and alternatives
- **tomato:** fruit and vegetables

Food in Schools

For further information, access:

www.foodinschools.org