

The national food guide

# The Balance of Good Health

**Fruit and vegetables**

At least 5 portions daily

**Bread, other cereals and potatoes**

At least 5 portions daily



**Meat, fish and alternatives**

2 - 3 portions daily

**Foods containing fat**

**foods containing sugar**

0 - 3 portions daily

**Milk and dairy foods**

2 - 3 portions daily

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## What is *The Balance of Good Health*?

- *The Balance of Good Health* is a way of helping you understand and enjoy healthy eating.
- For most of us this means a change towards more vegetables, fruit, bread, breakfast cereals, potatoes, rice and pasta. Most of all we should try to aim for variety in our food.
- You can choose to balance the foods you eat on a daily or weekly basis.
- The guide shows that you don't have to give up the foods you most enjoy to eat a healthier diet. But, you should only eat moderate amounts of foods which contain fat and try to choose low fat alternatives. You should not eat foods containing sugar too often.

## Who is *The Balance of Good Health* for?

- It applies to most people. It does not apply to children under the age of two, who need full fat milk and dairy products. Between the ages of two and five, children will gradually be changing to family foods so the guide can begin to apply.
- If you are under medical supervision or have special dietary requirements you may want to check with your doctor to find out whether or not the guide applies to you. You may be referred to the nurse or a state registered dietitian for extra advice.

**For further information**, or more copies of this leaflet, please contact your local Health Promotion Unit. They are listed under 'Health Authority' in your phone book.

Alternatively ring Health Information Wales on freephone **0800 665544**.

