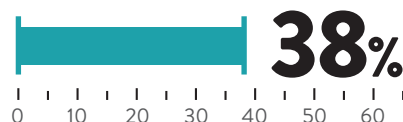
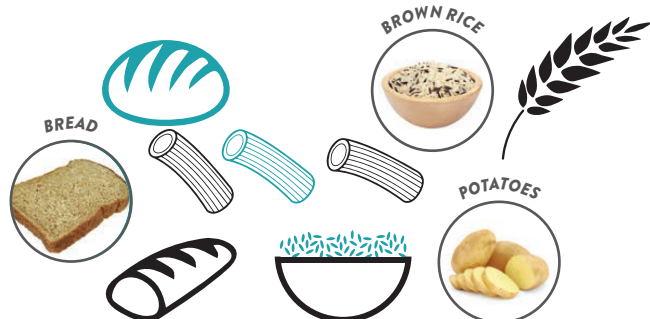


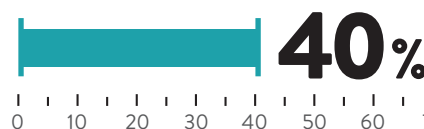
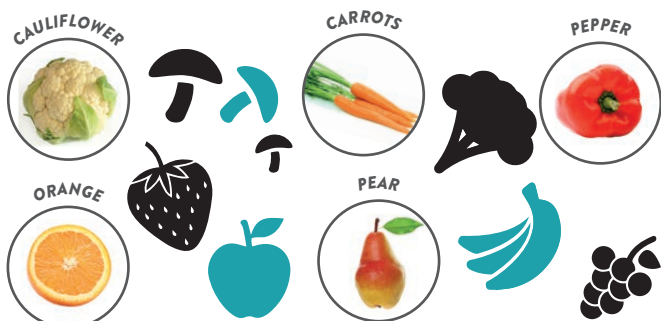
WHAT IS A BALANCED DIET?

**Live Life
BETTER
DERBYSHIRE**

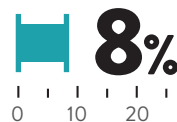
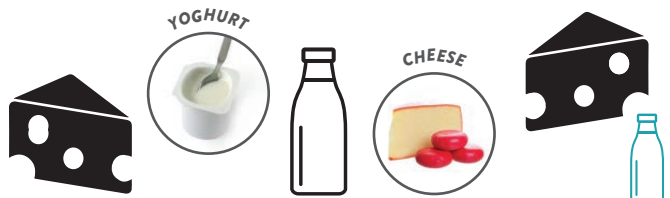
YOU MIGHT HAVE HEARD THE TERM BALANCED DIET BEFORE – BUT WHAT DOES IT MEAN?
IT'S BASED AROUND EATING THE RIGHT AMOUNTS OF FIVE MAIN FOOD GROUPS.



BREAD, RICE,
POTATOES,
PASTA AND OTHER
STARCHY FOODS



FRUIT AND
VEGETABLES
(BUT ALWAYS TRY TO
GET AT LEAST 5 A DAY!)



MILK AND DAIRY FOODS



BEANS, PULSES, FISH,
EGGS, MEAT AND
OTHER PROTEINS



1%

OILS AND
SPREADS



DRINK 6-8 GLASSES

PER DAY OF WATER, SUGAR
FREE DRINKS AND LOW FAT MILK.

LIMIT FRUIT JUICE/SMOOTHIES TO 150ML PER DAY

EAT LESS FOOD HIGH IN FAT AND SUGAR

IT'S A GOOD IDEA TO TRY TO GET THIS
BALANCE RIGHT EVERY DAY, BUT YOU
DON'T NEED TO DO IT AT EVERY MEAL.
YOU MIGHT FIND IT EASIER TO GET THE BALANCE
RIGHT OVER A LONGER PERIOD, LIKE A WEEK.



* Percentages are based on the
NHS Eat Well plate.