

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# The Eatwell Guide

S E L B A T E G E V K B Q U D M B  
H L R E T A W M L Y T H E A L T H  
Y S L I O D E T A R U T A S N U Q  
T E I D D E C N A L A B L P L M W  
T A E M B S Q G N I P I M F K C G  
K Q X U N M U I P U F A D K T A N  
P C N A M S E U K E U G P C N R I  
R I E P S T X S S Q K F M M D B A  
O B Z O O M H T N Y F Z B A V O R  
P J L R M W Y G A H I I I O F H G  
O I P T D L L I C T X R Y I L Y E  
R B M I E H L Z K L Y B X X L D L  
T Z M O U A X R S A F L T V E R O  
I D D N O P U L S E S I O Q W A H  
O Z M S B R I R G H B M S M T T W  
N J P B L F K G P J O B J H A E I  
S K G U I D E W T I U R F M E S S

Unsaturated oils  
Wholegrain  
Protein  
Pulses  
Beans  
Fish

Carbohydrates  
Vegetables  
Healthy  
Health  
Dairy  
Meat

Balanced diet  
Lifestyle  
Eatwell  
Sugar  
Fruit  
Egg

Proportions  
Portions  
Snacks  
Water  
Guide