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eat some beans, pulses,
fish, eggs, meat and other
protein. choose unsaturated
oils and spreads, and eat
them in small amounts. drink
plenty of fluids (at least 6

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to 8 glasses a day) If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Eat well - NHS

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Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

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carbohydrates (carbs), fats and protein. These nutrients are needed in relatively large amounts. They provide calories and have various functions in your body. Here are...

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Starchy carbohydrates should
make up just over a third of
the food you eat. They
include potatoes, bread,
rice, pasta and cereals.
They include potatoes,

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bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

8 tips for healthy eating -

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Third Edition The science of nutrition and its importance to health for health professionals, academics, food industry and media.

Basics of nutrition -
British Nutrition Foundation

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foods are an important
source of nutrients in our
diet. Although it's often

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Potatoes, bread, rice, pasta
and other starchy ...

Fruits and vegetables – 5-a-
day; A variety of starchy
carbohydrates at every meal
– preferably wholegrains
which fill you up for

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Longer, e.g. breads,
cereals, potatoes, pasta,
noodles, rice and couscous;
Low fat dairy products 2-3
times a day to meet your
calcium needs;

Your guide to third

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Trimester nutrition - Diet
in Pregnancy

A healthy, balanced plant-based diet would typically include wholegrains, fruits and vegetables, nuts, legumes and unsaturated oils, whereas less healthy

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plant-based diets may include more sugars – sweetened beverages, refined grains, fried potato crisps or chips and sweets.

Plant-based diets - British
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well as the Eatwell Guide,

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We have recommendations for specific foods and nutrients. We know from national surveys that we are generally not meeting these recommendations.

A healthy, balanced diet -

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