# Cook Well, Eatwell

## A healthy, balanced diet

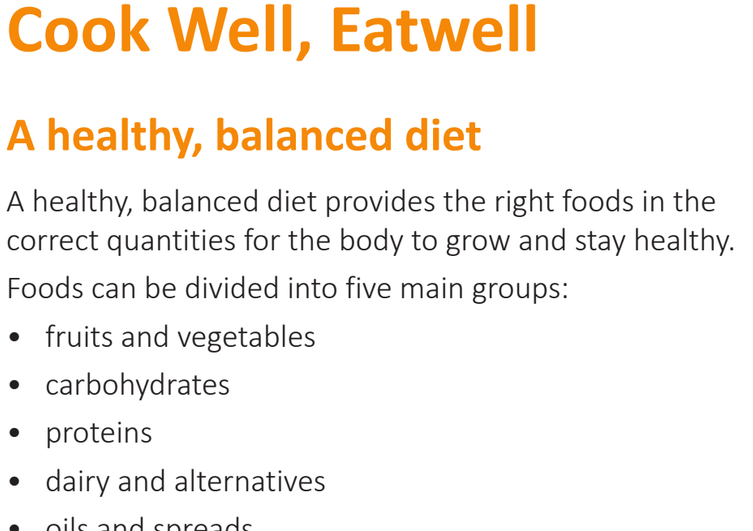
A healthy, balanced diet provides the right foods in the correct quantities for the body to grow and stay healthy.

Foods can be divided into five main groups:

- fruits and vegetables
- carbohydrates
- proteins
- dairy and alternatives
- oils and spreads

## Eatwell Guide

The Eatwell Guide was launched in 2016 by Public Health England. It shows the balance of foods from the five main food groups that we should eat for a healthy, balanced diet.




The size of each segment represents the proportion of our daily diet that should be made up of that food group. Foods high in fat, salt and sugar are not part of the Eatwell Guide. They should only be eaten occasionally and are not part of a healthy balanced diet.

### Fruits and vegetables

These provide vitamins to keep us healthy, and fibre to help digestion. They should make up about a third of the food we eat every day.



### Carbohydrates

Carbohydrates give us energy and keep our digestive system working well. They should make up about a third of the food we eat every day.



### Proteins

Proteins help us to build muscle and allow our bodies to grow and repair. Foods high in protein should make up about one-tenth of our daily diet.



### Dairy and alternatives

These contain calcium, which is an important mineral for healthy bones and teeth. Dairy and alternatives should make up less than one-tenth of the food we eat every day.



### Oils and spreads

These contain fat, which is an essential part of our diet. Fat provides important nutrients and helps us to absorb some vitamins. Oils and spreads should only make up a very small part of our diet.



## Cooking methods

There are many ways we can cook food to make it taste better and be safe to eat.



boiling



steaming



frying



baking



roasting



grilling



microwaving



slow cooking



barbecuing

## Glossary

| | |
|---|---|
| **mineral** | A chemical that your body needs to stay healthy. |
| **nutrient** | Any substance that your body needs to live and grow. |
| **vitamin** | A natural substance that is needed in small amounts for the growth and good health of the body. |



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