

Healthy Plate Guide

VEGETABLES

Increase your intake of non-starchy vegetables. The more colour, the better!



CARBOHYDRATES

Choose wholegrain varieties.



OILS & FATS

Use healthy plant-based oils and fats, limiting the use of saturated fats and butter.

FRUITS

Choose from a variety of seasonal fruits.



Drink water and limit the consumption of drinks containing added sugars.

PLANT OR ANIMAL PROTEINS

Choose lean meat & poultry or remove visible skin.



SPICES

Use herbs and spices in place of salt in cooking.

