

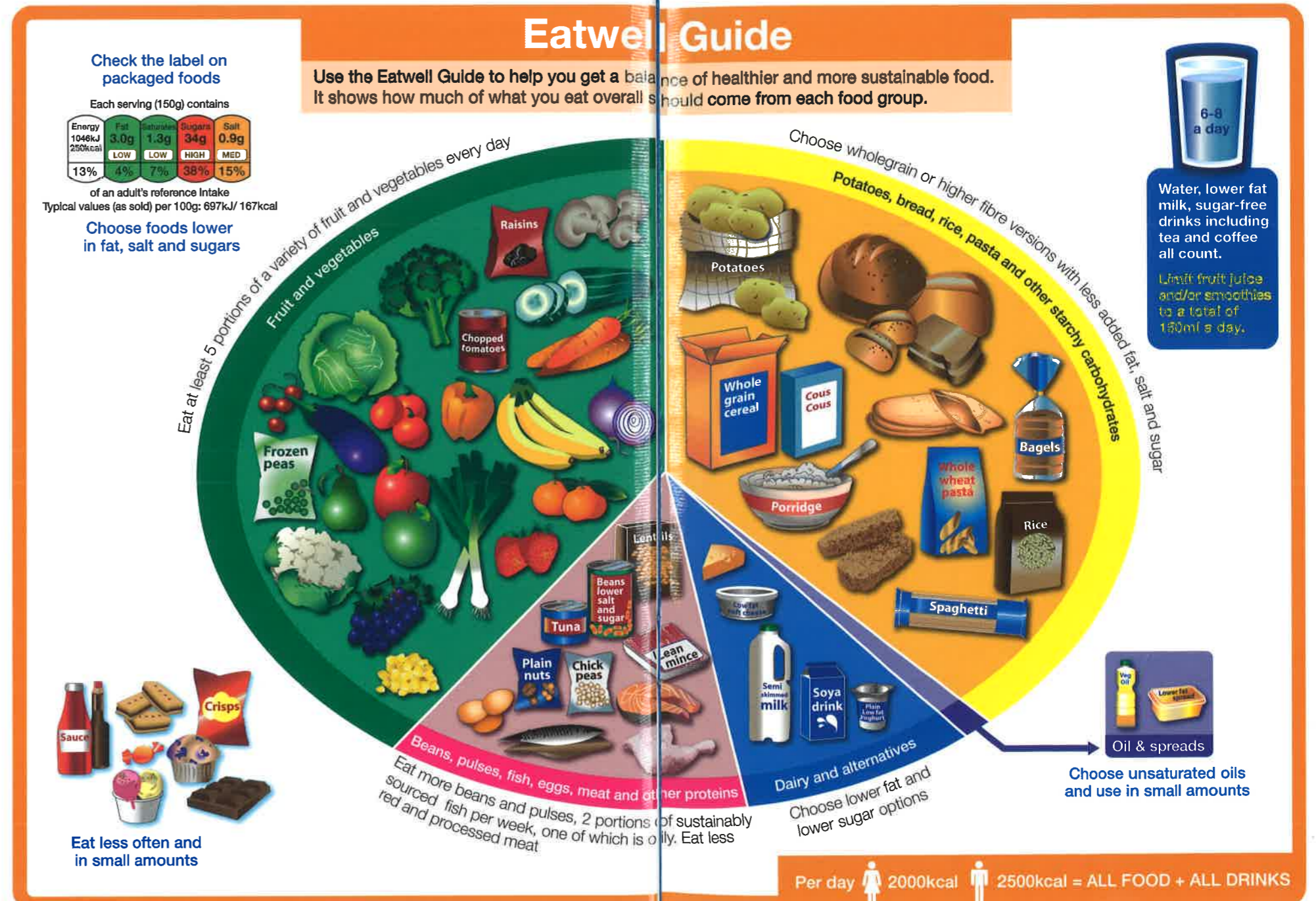
The Eatwell Guide

The Eatwell guide is a pictorial representation of the recommended balance of food in the diet, it aims to help people to understand and enjoy healthy eating. It shows that we do not have to give up the foods that we enjoy for the sake of our health – but just eat some in smaller quantities or less frequently.

The Eatwell guide applies to most people including vegetarians, people of ethnic origin, those who are a healthy weight for their height and those who are overweight. It does not apply to children under two years of age. It does not apply to people with poor appetites, those who are underweight, those recovering from illness or surgery or people with special dietary requirements.

Your Nutritional Needs

A balanced diet is essential for health and this is particularly important when you are in hospital as a poor diet can delay recovery. This may take the form of poor wound healing, increased susceptibility to infection, muscle wastage leading to reduced physical strength and mobility. Poor diet can also lead to apathy, depression and anxiety symptoms.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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