

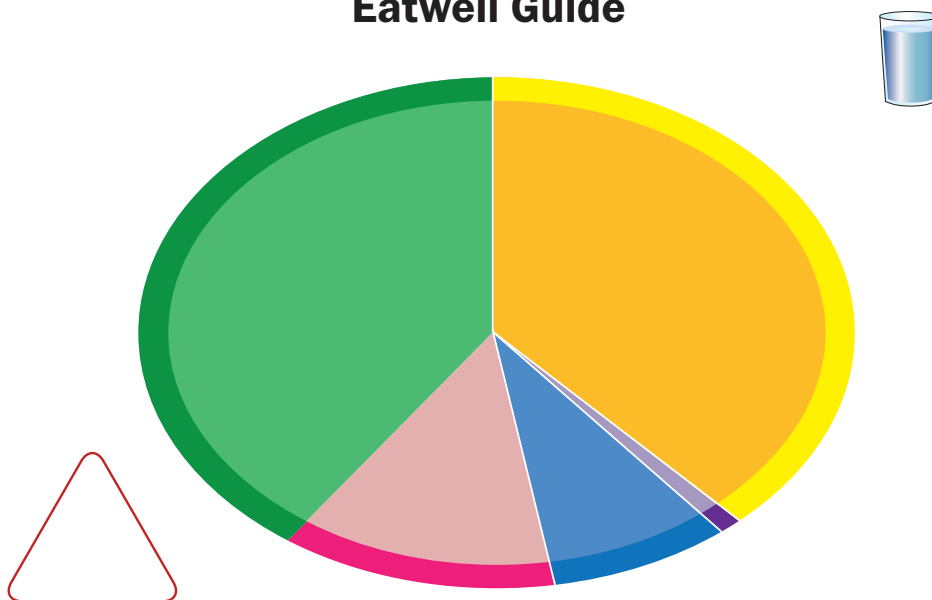
Conducting client consultations to support positive behaviour change.

Lesson 6 - Healthy eating

Eatwell Guide

Label the diagram below

Eatwell Guide



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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Healthy eating advice

Complete the sentences by filling in the missing words:

Base your meals on _____ carbohydrates

Eat lots of _____ and veg (at least _____ portions per day)

Eat more _____ - _____ portions, including 1 portion of _____

Cut down on saturated fat and _____

Eat less _____ - no more than _____ grams a day for adults

Get _____ and be a healthy weight

Maintain healthy hydration levels (drink _____ glasses of _____ every day)

Don't skip _____