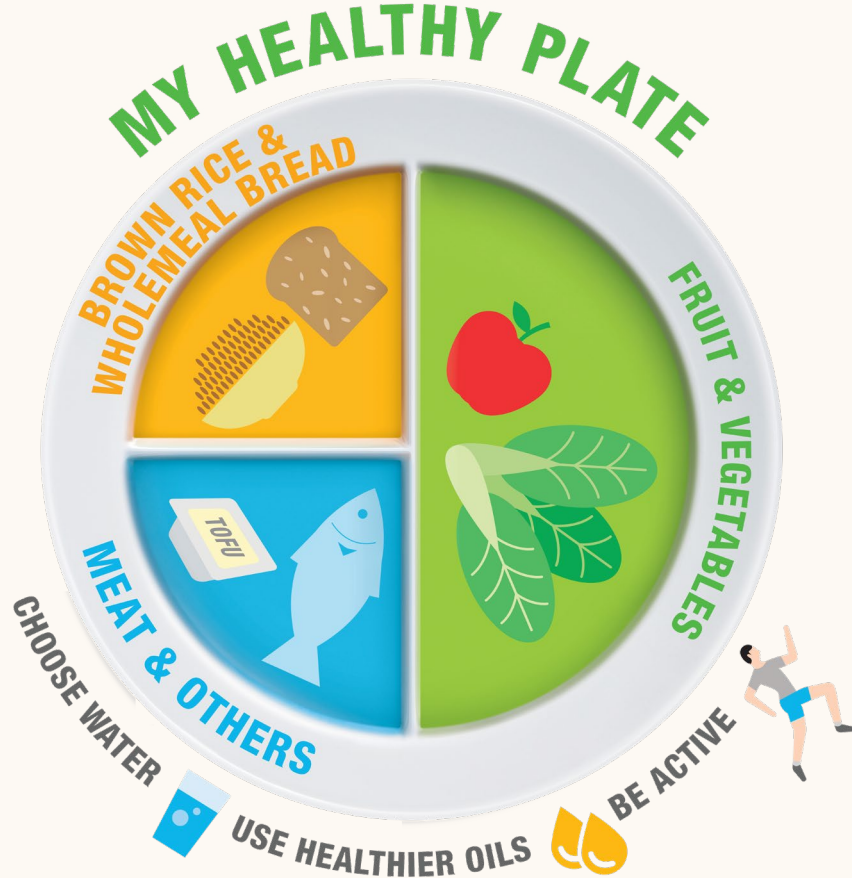


What should I eat?



My Healthy Plate is a visual guide you can use to help you make healthy food choices.

A balanced meal consists of:

- $\frac{1}{4}$ plate of wholegrains
- $\frac{1}{4}$ plate of good sources of protein
- $\frac{1}{2}$ plate of fruit and vegetables

We should also be mindful to:

- Choose water as your drink of choice
- Choose healthier oils which are lower in saturated fats
- [Keep physically active](#)