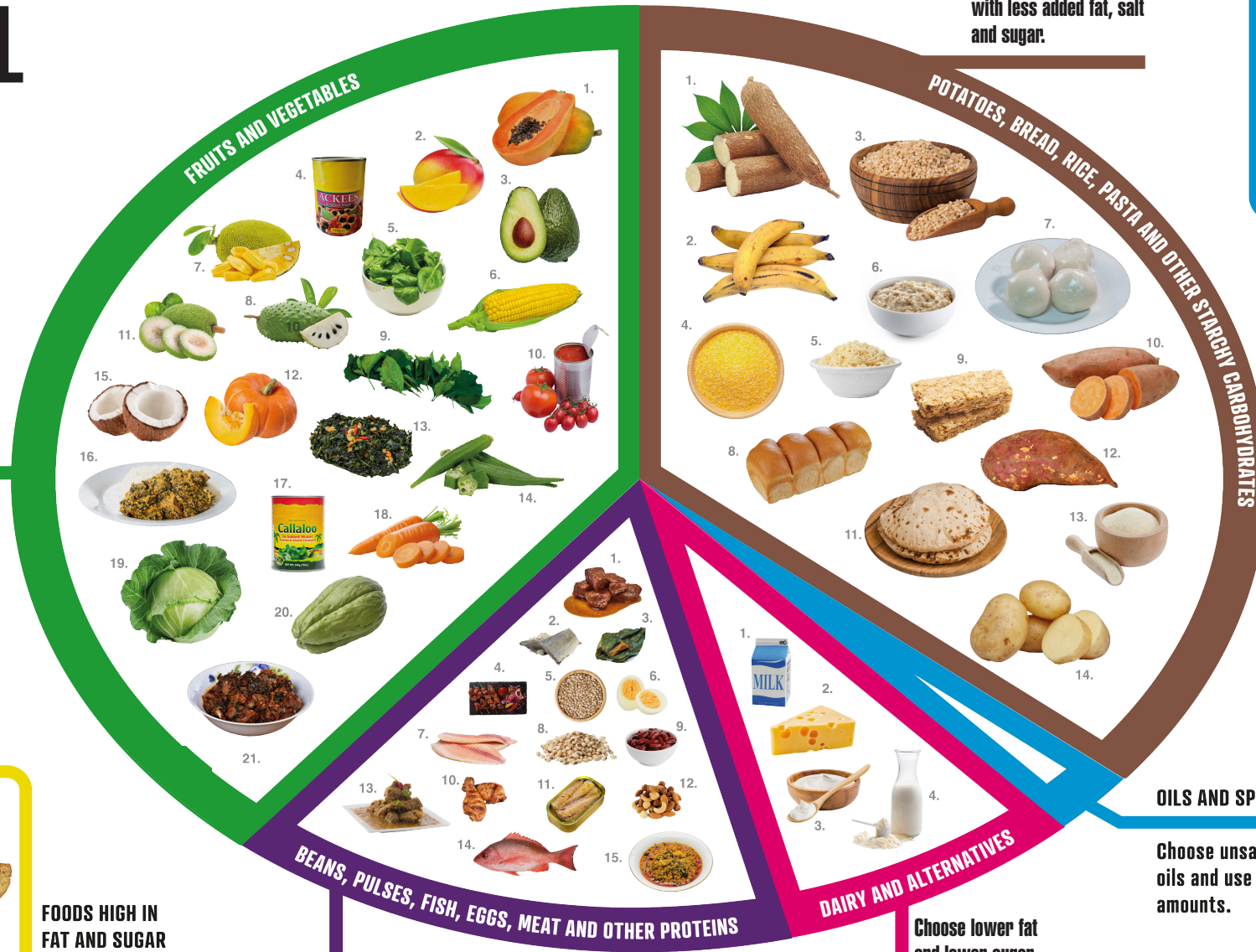


AFRICAN & CARIBBEAN EATWELL GUIDE

Eat at least 5 portions
of a variety of fruit and
vegetables every day.



Choose wholegrain or
higher fibre versions
with less added fat, salt
and sugar.



Water, low-fat, milk,
sugar free drinks, include
tea and coffee all count.
Limit fruit juice and
smoothies to 150ml a day.



**FOODS HIGH IN
FAT AND SUGAR**

Eat less often and
in small amounts.

Eat more beans and pulses, 2 portions of
sustainably sourced fish per week, one of which
is oily. Eat less red and processed meat.

Choose lower fat
and lower sugar
options.

OILS AND SPREADS

Choose unsaturated
oils and use in small
amounts.

