**Healthy Eating**

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

In order to have to have a healthy, balanced diet, people should try to:

* eat [5](https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/) portions of fruit and vegetables a day
* base meals on starchy foods like potatoes, bread, rice or pasta
* have some dairy or dairy free alternatives (such as soya drinks)
* eat some beans, pulses, fish, eggs, meat and other protein
* choose unsaturated oils and spreads, eaten in small amounts
* [drink plenty of fluids](https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/)

If you're eating foods and drinks that are high in fat, salt and sugar, have these less often and in smaller amounts. Most people in the UK [eat and drink too many calories](https://www.nhs.uk/live-well/eat-well/cut-down-on-your-calories/), too much fat, sugar and salt, and not enough fruit, vegetables, oily fish or [fibre](https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/).

The Government’s Eat Well Guide can be found here