

SOUTH ASIAN EATWELL GUIDE

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

FRUITS AND VEGETABLES



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

POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES



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

BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS



DAIRY AND ALTERNATIVES



OILS AND SPREADS

Choose unsaturated oils and use in small amounts.



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.