



The Eatwell Guide

The Eatwell Guide shows the amounts of different foods that people need to eat for a healthy, balanced diet. Sugary and processed foods are outside the circle because people don't need to eat them as part of a balanced diet.



Food groups—this is a collection of foods that give similar vitamins, minerals, proteins and carbohydrates.

Carbohydrates—a food that gives energy.

Protein—helps growth and repair.

Fibre—helps you digest the food you have eaten.

Fats— provide energy.

Vitamins and minerals—keep you healthy.

Water—moves nutrients around your body and help you get rid of waste.

Glossary

Healthy— in good physical and mental condition.

Diet— the kind of food that a person eats.

Balanced diet—a diet that has a variety of foods in it, as shown in The Eatwell Guide.

James Lind

Born: 1716

Died: 1794

Job: ship's surgeon.

Discovered that scurvy was caused by a lack of vitamin C and eating citrus fruit containing vitamin C could cure the disease.

