

# What's on your plate?

The eatwell plate, pictured below, shows how much of what you eat should come from each food group. How does your own plate match up?



To find other simple swaps search [Change4Life](http://Change4Life.org.uk) online.

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Eat well Move more Live longer

## 6 ways to feel better fast

### 1 Swaps to get you up & about:

Swapping your usual bus or car journey to work for walking or cycling is a great way to build up to 30 minutes of moderate activity, 5 times a week.



### 2 Portion swap:

Could you swap a portion of chips for a portion of veg or salad with your main course?

### 3 Snack swap:

Craving chocolate, biscuits or cake? Try some fresh fruit such as strawberries or grapes instead.



### 4 Swap for 5 A DAY:

Swap one of your daily teas or coffees at work for a glass of 100% unsweetened fruit juice.

### 5

### Fibre swap:

White bread contains very little fibre, so choose sandwiches made with wholemeal or wholegrain bread.



### 6 Drink swap:

Try halving the sugar in your tea or coffee – you probably won't even taste the difference!

### 6