



Half your plate

Vegetables and salad

Aim for a variety of colours



Add heart-healthy fats

- Olive oil
- Rapeseed oil
- Avocado



A quarter of your plate

Wholegrains and higher-fibre carbohydrates

Such as wholemeal pasta, brown rice, oats, barley or wholegrain bread



A quarter of your plate

Protein-rich foods

Beans, lentils, chickpeas, tofu, fish, skinless poultry or lean meat