Eat well, eat fish!

We all need to have a variety and balance of food and drinks to be healthy. We need to eat more fish! We should eat two portions a week, one of which should be oily.

Eating fish is good for you!

Fruit and vegetables

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

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Bread, rice potatoes, pasta and other starchy foods







Milk and dairy foods

Fish. Feed our future.