

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**

**Bread, rice
potatoes, pasta
and other
starchy foods**



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

**Foods and drinks
high in fat and/or sugar**

**Milk and
dairy foods**

