



## Plate diagram showing ideal food proportions

The plate diagram below shows you the proportions you should be aiming for.

**Plant-based carbohydrates 50 - 60%**  
comprising raw and cooked vegetables,  
fresh and dried fruit, seeds, nuts and  
pulses



### Concentrated protein

**30 - 40%** comprising meat, fish, eggs, cheese, yoghurt, tofu, pulses, seeds and nuts. Some of these foods overlap in the plant based foods section.

### Starchy carbohydrates

**0-10%** comprising bread, pasta, rice, quinoa, oats, rye, barley, buckwheat, maize (corn).

Starchy vegetables: potatoes and sweet potatoes