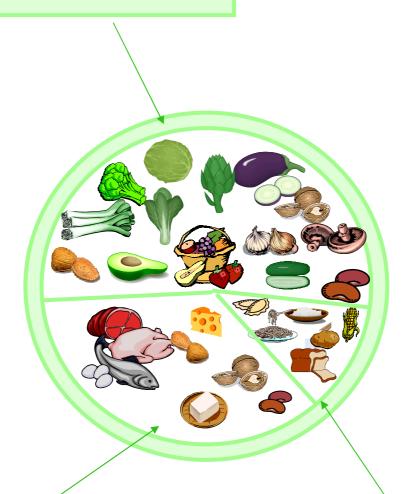
Plate diagram showing ideal food proportions

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