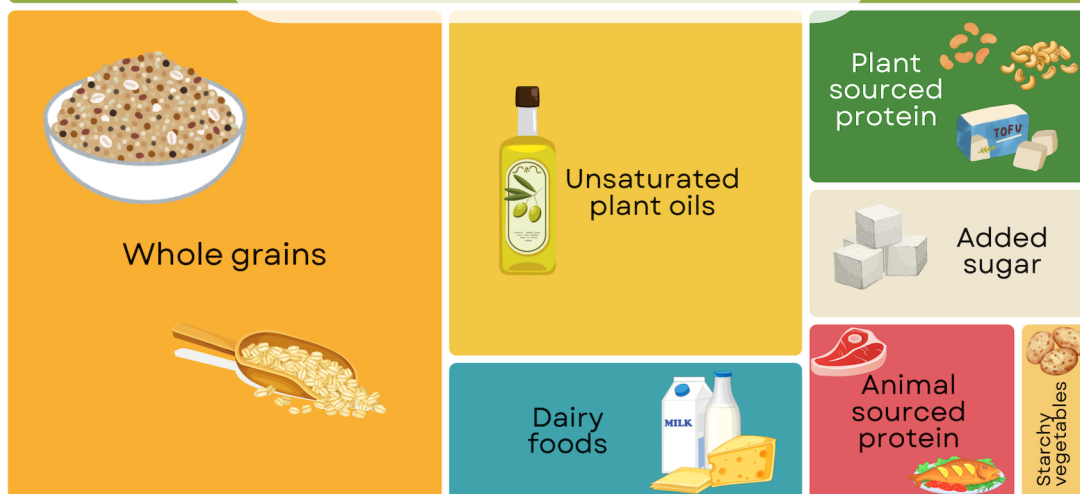




# The Eatwell Plate

The **Eatwell Plate** was developed by **Public Health England**, an executive agency of the UK government, to offer **clear** and **practical dietary guidance**.

It serves as a visual tool to help individuals understand and implement a **balanced diet**, **promoting healthy eating habits** by illustrating the **recommended proportions of various food groups**.



# The EAT-Lancet Plate

The **EAT-Lancet Plate** was developed by the **EAT-Lancet Commission**, a group of 37 world-leading scientists from 16 countries.

It aims to provide guidelines for a **healthy and sustainable diet** that supports both **human health and environmental sustainability**.



# Average UK Adult Diet

The **UK average adult diet**, based on data from the **National Diet and Nutrition Survey (NDNS)** for the years **2016/17** to **2018/19**, provides a snapshot of the **typical dietary patterns** and **nutrient intake** of the UK population during this period.

Calculated from the NDNS data, it reflects the **percentage contribution of different food groups to the average daily total energy intake (MJ)** for adults.

Your diet

# Your Diet

Think about your **normal daily food consumption**. Choose the **wooden food** from the different food group baskets to represent this, and **put it on the plate**.

**Compare** your plate to The Eatwell Plate, the EAT-Lancet Plate, and the Average UK Adult Diet. **Notice the differences and see what changes you could make!**