



My own eatwell plate

Name:

Date:

Food Group	How many?	My percentage (%)	Eatwell plate percentage (%)
Fruit and vegetables			33
Bread, rice, potatoes, pasta and other starchy foods			33
Milk and dairy foods			15
Meat, fish, eggs, beans and other non-dairy sources of protein			12
Foods and drinks high in fat and/or sugar			7
Total		100	100

How to work out percentages

1. Add all the food group numbers together to get the total.
2. Divide each food group number by the total.
3. Multiply this total by 100.