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









[©] Crown copyright Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

[©] Seafish www.fishisthedish.co.uk