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!

Fish is the dish by Seafish

Fruit and vegetables

Bread, rice potatoes, pasta and other starchy foods

Milk and dairy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Fish. Feed our future.