Read the text and fill in the gaps with words and collocations below:

well-balanced disease gain weight
rich in overweight

My eatwell plate

To be healthy, you should eat the right food for your energy needs. The eatwell plate shows the five types of food, and in what proportions you should eat them to have a and healthy diet.

Fruit & vegetables

Fruit and vegetables have got a lot of vitamins and do not have much fat or many calories. Five or more portions of them every day help your body to work and also fight .

Grains

Rice, bread, pasta, potatoes and other grains give your body the energy to do all the things it needs to do every day. This helps your body process waste and not .

Milk & dairy products

Milk, yoghurt and cheese have got a lot of protein and calcium. They help your body to grow bigger and stronger. These foods are fat so you mustn't eat a lot of them or you can get .

Fish, meat, eggs & beans

These foods have a lot of protein and vitamins that your body needs to grow. Fish, chicken and beans are better than red meat because they have less fat.

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