



supporting the British potato industry



**Fruit and vegetables**

**$\frac{1}{3}$  = Potatoes**  
bread, rice, pasta and other starchy foods

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

**Food and drinks high in fat and/or sugar**

**Milk and dairy foods**



[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

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[www.britishpotatoes.co.uk](http://www.britishpotatoes.co.uk)  
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