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A portion of dried fruit (which should be kept to mealtimes) is 30g. A 150ml glass of fruit juice, vegetable juice or smoothie also counts as 1 portion, but limit the amount you have to no more than 1 glass a day as these drinks are sugary and can damage your teeth. 3. Eat more fish, including a portion of oily fish.

~~8 tips for healthy eating NHS~~

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Food is more than nutrients. In addition to nursing our body and promoting good health, foods have an effect on our mind, emotion and spiritual life. There is of late, a great awareness in the relationship of food and spiritual life. In the second edition a new chapter on Nutrition, Health and Food Consciousness was included.

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The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week. Eat at least 5 portions of a variety of fruit and vegetables a day

~~The Eatwell Guide NHS The NHS website NHS~~

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~~General food law | Food Standards Agency~~

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