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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

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Food hygiene legislation is closely related to the legislation on the general requirements and principles of food law but specifically concerns the microbiological safety of food. The legislation lays down the food hygiene rules for all food businesses, applying effective and proportionate controls throughout the food chain, from primary production to sale or supply to the food consumer.

~~General food law | Food Standards Agency~~

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