





CHOOSE YOUR PLATE	UK EATWELL GUIDE 	US MY PLATE 
GRAINS/ WHOLE GRAINS/ STARCHY CARBS	38% Excessive starchy carbs. Inadequate guidance on minimising Glycaemic Load or risk of gluten sensitivity or intolerance.	24% Excessive intake of grain-based, starchy carbs. Inadequate guidance on minimising Glycaemic Load or risk of gluten sensitivity or intolerance.
VEGETABLES	40% Does not discriminate between veg or fruit (high fruit/low veg intake risks excess intake of sugars). Great variations in health properties of different forms of processed veg and fruit.	24% No distinction between starchy root veg and other veg.
FRUITS		20% No distinction on types or colour. Excessive amount relative to veg.
PROTEIN SOURCES	12% Insufficient protein intake or guidance on type and quality of protein-rich sources. Allows up to 70g processed meat/day without communicating recognised cancer risk (International Agency for Research on Cancer).	20% Insufficient guidance on type and quality of protein sources.
FATS	1% Guidance to choose "unsaturated oils" and fats, still unnecessarily condemning healthy saturated fats and not optimising Omega 3:6 ratio.	No specific recommendation for this key food group; included in other foods.
DAIRY	8% Promotion of low fat foods and drinks no longer valid scientifically. Inadequate warnings about dairy intolerance.	12% Recommendation for adult consumption of 3 cups of low-fat dairy a day excessive for most people; may lead to excess consumption of 'hidden' sugars.
WATER /BEVERAGES	No distinction between water, tea, coffee and low-fat milk. Milk intake inappropriate for lactose intolerant groups.	Inappropriate guidance that fruit juice 'counts as fruit' given juices often contribute to excessive sugar intake. No guidance on water consumption.
OTHER	Inclusion of foods high in fat, salt and sugars with a recommendation to eat less often and in small amounts. Check the label recommendation. Inappropriate recommendations on calorie intake advice.	[Not applicable]
	Useful guidance towards low sugar options, but unlikely guidance would lead to ≤5% total energy intake from sugars (Scientific Advisory Committee on Nutrition, 2015).	

HARVARD HEALTHY EATING PLATE 	FOOD4HEALTH GUIDELINES 
23% Generally OK, but inadequate guidance on minimising Glycaemic Load or risk of gluten sensitivity or intolerance.	10% Important recommendation on minimising starchy carbs and replacing with non-starchy veg sources.
31% Amount is good, as is minimising potato sources. Could include more guidance on preparation and limiting excess consumption of other starchy sources.	40% Recommendation for intake of 6 colour groups daily. Consumption of some fermented foods recommended.
14% Appropriate amount and recommendation of diversity, but insufficient guidance on type or colour groups.	
22% Appropriate amount and recommendation to limit processed meat. Limiting high quality red meat more contentious. No guidance on preparation cooking.	25% Includes guidance on quality, amount and preparation.
10% Guidance on low side, and insufficient guidance on healthy, heat-tolerant fats for cooking (e.g. coconut oil, ghee, butter [if tolerated]).	10% Includes guidance on amount and quality of healthy fats.
0% Zero dairy consumption (e.g. cheeses) protects those who may not know they are dairy intolerant.	0% Highlights risk of intolerance and does not encourage dairy consumption.
No distinction between water, tea or coffee. Milk/dairy intake (1-2 servings/day) excessive for lactose intolerant groups.	Recommendation on quantity (and quality) of water, to be consumed largely between meals.
Useful physical activity recommendation. [No guidance on food preparation or frequency].	5% CONCENTRATED NUTRIENTS. Plentiful use of fresh herbs and spices along with other concentrated sources of nutrients (including supplements). Guidance on food preparation, avoidance of processed foods and food frequency. Regular physical activity recommended.

- POOR
- ACCEPTABLE
- GOOD

Traffic light colour coding denotes compatibility with likely prevention of metabolic disease risk based on current nutritional and related sciences



COMPARISON OF UK EATWELL GUIDE, US MYPLATE, HARVARD HEALTHY EATING PLATE AND THE ANH FOOD4HEALTH GUIDELINES