

Eatwell Guide

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Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

| Each serving (150g) contains | |
|------------------------------|---------|
| Energy | 106kcal |
| Fat | 3.0g |
| Saturated Fat | 1.3g |
| Sugars | 34g |
| Salt | 0.9g |
| | LOW |
| | HIGH |
| | MED |
| | 13% |
| | 4% |
| | 7% |
| | 38% |
| | 15% |

Typical values (as sold) per 100g: 697kcal/167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

Fruit and vegetables
Eat at least 5 portions of a variety of fruit and vegetables every day

Potatoes, bread, rice, pasta and other starchy carbohydrates
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

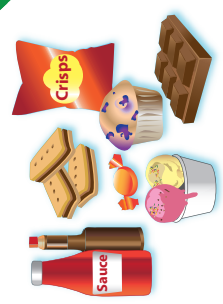
Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS