

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
13%	3.0g	1.3g	34g	0.9g
	Low	Low	High	Med
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

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.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

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

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, lower sugar alternatives

Oil & spreads

Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

Per day

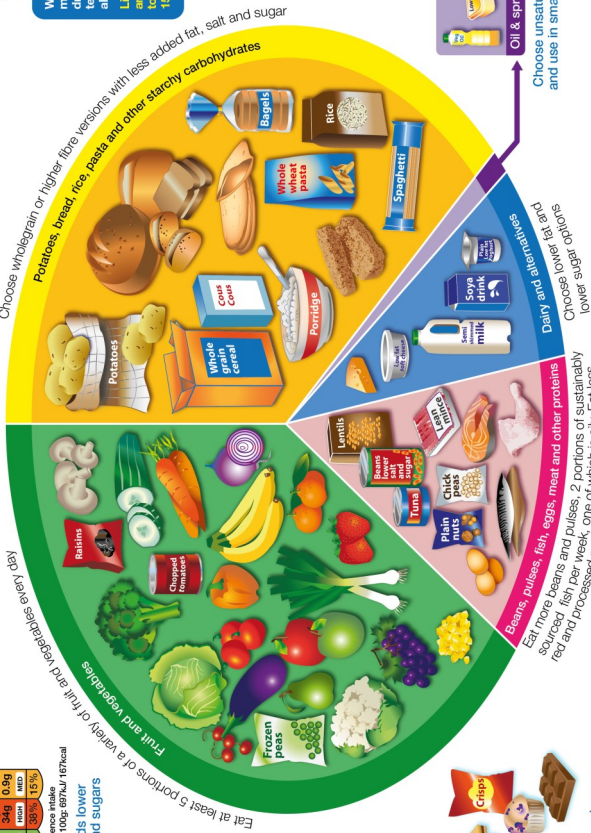
2000kcal

2500kcal = ALL FOOD + ALL DRINKS



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.



Eatwell

8 tips for healthy eating

Base your meals on starchy foods



Eat lots of fruit and veg



Eat more fish—including a portion of oily fish a week



Cut down on saturated fat and sugar



Eat less salt—no more than 6g a day for adults



Get active and try to be a healthy weight



Drink plenty of water



Don't skip breakfast

