

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	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.



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

Food group	Health significance and what is included	How much?	Tips
Fruit & vegetables	<p>Fruit & vegetables are packed with vitamins, minerals & fibre that can reduce the risk of diseases such as heart disease, stroke & some types of cancer.</p> <p>All types count including fresh, frozen, dried, tinned & 100% juice or smoothies. Potatoes are not included here, they are with starchy carbohydrates.</p>	<p>Eat plenty of fruit & vegetables, at least 5 varied portions every day.</p> <p>A portion is the amount that fits in the palm of your hand (80g). Dried fruit is less (30g) & should be kept to mealtimes.</p> <p>Limit fruit juice & smoothies to a combined total of 150ml daily, which counts as 1 of your 5 A Day.</p>	<p>Bulk out meals with grated carrot or other veg for an extra portion of your 5 A Day.</p> <p>Keep frozen veg in your freezer so you don't run out & keep fruit in your bag as a convenient & healthy snack.</p> <p>Limit use of high fat, salt or sugar sauces e.g. chocolate sauce on banana or honey glaze on parsnips.</p>
Potatoes, bread, rice, pasta & other starchy carbohydrates	<p>These provide energy plus vitamins, minerals & fibre that are essential for good health.</p> <p>Other foods in this group include: oats, breakfast cereals, noodles, couscous, bulgar wheat, corn/maize meal, yam, cassava, plantain, green bananas, breadfruit, millet & spelt.</p>	<p>These should be a third of what you eat.</p> <p>Base your meals around these but don't pile up your plate - you can always go back for more if you don't feel full. Add plenty of vegetables.</p> <p>Choose wholegrain varieties or keep the skins on potatoes for more fibre, vitamins & minerals.</p>	<p>When preparing starchy foods try to limit added fat to reduce calories, e.g. oil or butter on roast potatoes or creamy sauces on pasta. If you are having chips, go for oven chips or chunky wedges lower in fat & salt.</p> <p>Check food labels & choose things lowest in fat, salt & sugar.</p>
Dairy & alternatives	<p>These foods provide calcium to help keep bones strong & are also a good source of protein:</p> <p>Milk, cheese, yoghurt, quark, & non-dairy alternatives (choose those with added calcium) such as soya or almond milk.</p> <p>Butters & creams aren't included as they're high in saturated fat.</p>	<p>Eat some of these foods every day.</p> <p>They should form a smaller proportion of the food you eat.</p> <p>Choose lower fat or sugar options when possible.</p>	<p>Try swapping to 1% fat milk instead of whole or semi-skimmed.</p> <p>Cheese is high in saturated fat, so try reduced fat cheese or grate (instead of slice) stronger flavoured cheese to use less.</p> <p>Try low fat natural yoghurt instead of cream, crème fraiche, mayonnaise or flavoured yoghurts (which contain lots of added sugar.)</p>
Beans, pulses, fish, eggs, meat & other proteins	<p>These foods provide protein for growth & repair & important nutrients like iron, other minerals & vitamins. Fresh, frozen & tinned all count & include: beans and pulses (chickpeas, baked beans, lentils), oily fish (sardines, salmon, fresh tuna), white fish (cod, Pollock, tinned tuna), shell-fish (prawns, mussels), eggs, nuts and seeds, meat, poultry & game (lamb, chicken, beef) and vegetarian meat alternatives (tofu, soya mince, Quorn).</p>	<p>Eat some of these every day. They should form a smaller proportion of the food you eat.</p> <p>Aim to eat more beans & pulses, as they're low in fat & high in fibre.</p> <p>Aim to eat at least 2 portions (2 x 140g) of fish (one oily) each week.</p> <p>Limit red & processed meats such as sausages, bacon & cured meats to 70g a day as they are high in saturated fat & salt.</p>	<p>A handful (80g) of beans or pulses counts as 1 of your 5 A Day.</p> <p>They're versatile & can be added to soups, stews & salads.</p> <p>When preparing these foods, try not to add extra fat or oil.</p> <p>When buying meat, ask for a lean cut or compare the labels & choose the one lower in saturated fat. Trim all visible fat from meat, including removing chicken skin.</p> <p>Watch out for meat & fish products in pastry, batter or breadcrumbs, as these can be high in fat &/or salt.</p>
Oils & spreads	<p>These foods contain unsaturated fats, of which a small amount is essential in the diet. However too much can lead to weight gain, since fat has a lot of calories. Choose from unsaturated oils such as vegetable, rapeseed, or sunflower oil or soft spreads made from unsaturated oils.</p> <p>Butters are not included as they are high in saturated fat.</p>	<p>Oils & spreads should form the smallest part of the food you eat.as they are high in fat & calories, so cut down on these to help control your weight.</p>	<p>Check the label & choose oils high in unsaturated fat & low in saturated fat.</p> <p>Measure oil when cooking so you can control the amount you use.</p> <p>Choose reduced fat unsaturated spreads where possible & spread thinly.</p>
Foods to eat less often & in small amounts	<p>These are high in fat, sugar & salt that can lead to weight gain & diseases such as heart disease, stroke, type 2 diabetes & some types of cancer. Can include: cakes, biscuits, pastries, sweets, ice cream, butter/ghee, mayonnaise, sweet & salty sauces (ketchup), sugar, honey & jam, fried foods (crisps) & sugary drinks.</p>	<p>These foods are not needed as part of a healthy, balanced diet & should be eaten rarely & in small amounts.</p> <p>Most of us need to cut down on these.</p>	<p>Use reduced fat spread instead of butter.</p> <p>If you add sugar to your food or drinks, measure & reduce the amount slowly until you can cut it out completely. Swap cakes for a slice of malt loaf or a teacake with low fat spread.</p>

If you would like to learn more about healthy eating and how to prepare quick, cheap, healthy and delicious meals you can attend one of our FREE 5-week Taste of Health Community Cookery Clubs. For more information or to book a place call 0800 470 4831. For more detailed information about healthy eating and living a healthy lifestyle visit www.livewellgreenwich.org.uk