

Eatwell Guide

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 | Fat | Saturates | Sugars | Salt |
| 1046kJ 250kcal | 3.0g | 1.3g | 34g | 0.9g |
| 13% | LOW | LOW | HIGH | MED |
| | 4% | 7% | 38% | 15% |

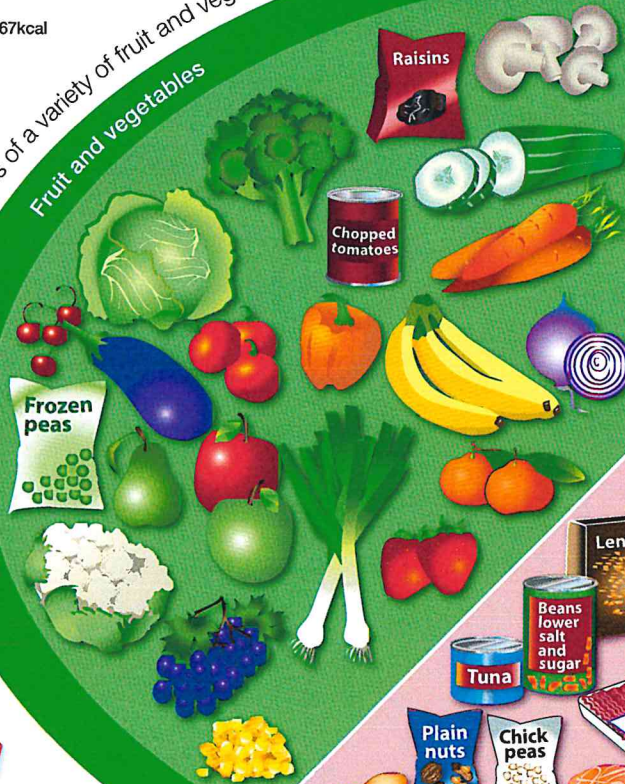
of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

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

Fruit and vegetables



Eat less often and in small amounts

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



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

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8 a day

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.



Choose unsaturated oils and use in small amounts