

eatwell guide

Check the label on packaged foods

Each serving contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Salt (g)
12.5%	5%	1.3%	0.9%

of an adult's reference intake
Typical values (as sold) per 100g: 487kJ/116kcal

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.



Fluids

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 at least five portions of a variety of fruit and vegetables every day.



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



Dairy and alternatives

Choose lower fat and lower sugar options



Oil and spreads

Choose unsaturated oils and use in small amounts.



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, two portions of sustainably sourced fish per week, one of which is oily.



Foods high in fat, salt, sugar

Eat and drink less often and in small amounts.

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