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

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

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

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

Frozen peas

Chopped tomatoes

Raisins

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

Plain nuts

Tuna

Chick peas

Beans lower salt and sugar

Lean mince

Lentils

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

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

Potatoes, bread, rice, pasta and other starchy carbohydrates

Whole grain cereal

Potatoes

Porridge

Cous Cous

Spaghetti

Whole wheat pasta

Rice

Bagels

Dairy and alternatives

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Choose lower fat and lower sugar options

Oil & spreads

Veg Oil

Lower fat spread

Choose unsaturated oils and use in small amounts

Sauce

Crisps

Eat less often and 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.

6-8 a day

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