

# 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	1046kJ 250kcal	Fat	3.0g	Saturated	1.3g	Sugars	34g	Salt	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

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



Eat less often and in small amounts

Eat more beans and pulses, fish, eggs, meat and other proteins sourced fish per week, 2 portions of sustainably red and processed meat

Dairy and alternatives  
Choose lower fat and lower sugar options

Choose unsaturated oils and use 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.



Potatoes, bread, rice, pasta and other starchy carbohydrates  
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

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