## **Eatwell Guide**

Check the label on packaged foods

Each serving (150g) contains



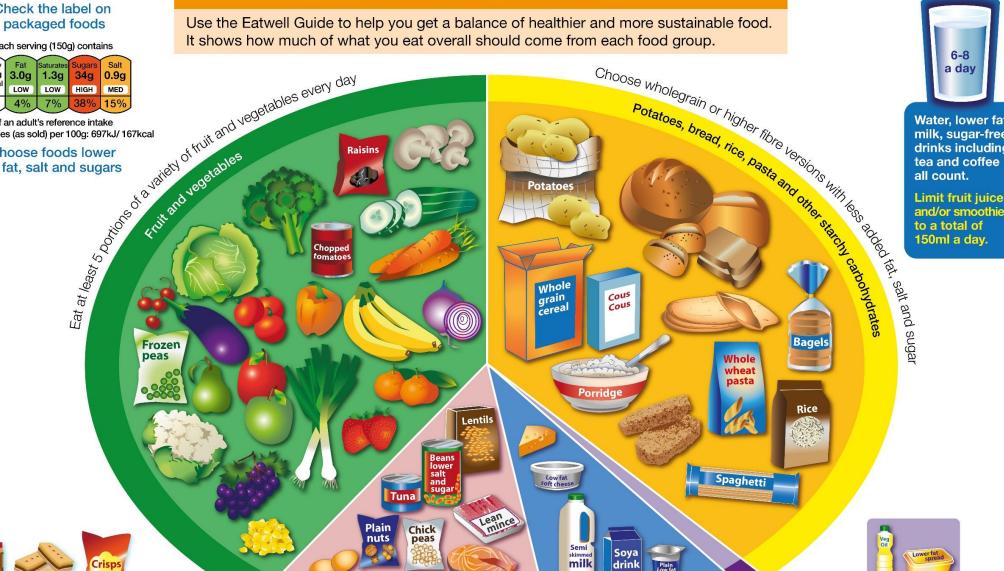
of an adult's reference intake Typical values (as sold) per 100g: 697kJ/167kcal

> 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

and/or smoothies



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

sourced fish per week, one of which is oily. Eat less

red and processed meat

Eat less often and in small amounts

Dairy and alternatives Sourced fish por 1901 pulses, 2 portions of sustainably Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts