

# 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
	LOW	LOW	HIGH	MED
13%	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

Frozen peas

Raisins

Chopped tomatoes

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

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

Semi skimmed milk

Soya drink

Plain Low fat yoghurt



Oil & spreads  
Choose unsaturated oils and use in small amounts

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

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Low fat soft cheese



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.

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