# 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 LOW | 1.3g LOW | 34g HIGH | 0.9g 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**

Raisins, Chopped tomatoes, Frozen peas

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, Bagels, Whole wheat pasta, Rice, Spaghetti

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

Lentils, Beans lower salt and sugar, Tuna, Plain nuts, Chick peas, Lean mince

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**

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




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.**

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

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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