

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

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

Choose foods lower in fat, salt and sugars

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

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



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.



Eat less often and in small amounts

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

Dairy and alternatives
Choose lower fat and lower sugar portions



Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal



2500kcal = ALL FOOD + ALL DRINKS

