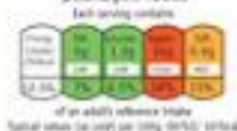


# eatwell guide

Check the label on packaged foods



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.



## Fluids

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 at least five portions of a variety of fruit and vegetables every day.

Fruit and vegetables



**Foods high in fat, salt, sugar**

Eat and drink less often and in small amounts.

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

Eat more beans and pulses, two portions of sustainably sourced fish per week, one of which is oily.

Dairy and alternatives

Choose lower fat and lower sugar options.

Choose wholegrain or higher fibre versions with less added salt, salt and sugar.

Potatoes, bread, rice, pasta and other starchy carbohydrates



**Oil and spreads**

Choose unsaturated oils and use in small amounts.

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