

# 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.

Each serving (150g) contains

Energy	Fat	Saturated fat	Salt
250kcal	3.0g	1.2g	0.3g
Low	Low	High	High
13%	4%	7%	15%

Typical values (as sold per 100g; 697kJ/167kcal of an adult's reference intake)  
**Choose foods lower in fat, salt and sugars**

**Eat less often and in small amounts**



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

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

**Dairy and alternatives**  
 Choose lower fat and lower sugar options

**Choose unsaturated oils and use in small amounts**



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

**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's report, 'Eat Well: The Healthier Choice', with the World's Greatest Good, Food Standards Agency and the Food Sustainability Agency in Northern Ireland. © Crown Copyright 2016.