

# Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains



of an adult's reference intake  
Typical values are listed per 100g (100kcal) portion

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.



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 5 portions of a variety of fruit and vegetables every day  
Fruit and vegetables

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

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

Oil & spreads  
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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

# Good Food Guide 2005

**Siddappa N.Byrareddy**



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