

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy	Fat	Salt	Sugar	Fibre
12%	15%	15%	15%	15%

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

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 100ml a day.

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



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



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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Table of Contents Good Food Guide 2005

1. Understanding the eBook Good Food Guide 2005
 - The Rise of Digital Reading Good Food Guide 2005
 - Advantages of eBooks Over Traditional Books
2. Identifying Good Food Guide 2005
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Good Food Guide 2005
 - User-Friendly Interface
4. Exploring eBook Recommendations from Good Food Guide 2005
 - Personalized Recommendations
 - Good Food Guide 2005 User Reviews and Ratings
 - Good Food Guide 2005 and Bestseller Lists
5. Accessing Good Food Guide 2005 Free and Paid eBooks
 - Good Food Guide 2005 Public Domain eBooks
 - Good Food Guide 2005 eBook Subscription Services

- Good Food Guide 2005 Budget-Friendly Options
- 6. Navigating Good Food Guide 2005 eBook Formats
 - ePub, PDF, MOBI, and More
 - Good Food Guide 2005 Compatibility with Devices
 - Good Food Guide 2005 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Good Food Guide 2005
 - Highlighting and Note-Taking Good Food Guide 2005
 - Interactive Elements Good Food Guide 2005
- 8. Staying Engaged with Good Food Guide 2005
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Good Food Guide 2005
- 9. Balancing eBooks and Physical Books Good Food Guide 2005
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Good Food Guide 2005
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Good Food Guide 2005
 - Setting Reading Goals Good Food Guide 2005
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Good Food Guide 2005
 - Fact-Checking eBook Content of Good Food Guide 2005
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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