

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

	Fat	Salt	Sugar	Fibre
Low	3.3g	0.2g	2.6g	3.0g
Medium	4.7g	0.3g	3.7g	4.0g
High	6.0g	0.4g	4.8g	5.0g

of an adult's reference intake

Typical values for added per 100g (40kcal 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 150ml a day.



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

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Government Daily Nutritional Guidelines Uk:

Embracing the Beat of Appearance: An Mental Symphony within **Government Daily Nutritional Guidelines Uk**

In some sort of used by screens and the ceaseless chatter of immediate conversation, the melodic beauty and psychological symphony created by the written term often diminish in to the backdrop, eclipsed by the persistent sound and interruptions that permeate our lives. But, set within the pages of **Government Daily Nutritional Guidelines Uk** a stunning fictional prize brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths of the poignant review, we shall explore the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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