

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 less often and
in small amounts

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

Good Food Guide 2005

Julia Schneider



Good Food Guide 2005:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Good Food Guide 2005**

In a world inundated with monitors and the cacophony of fast transmission, the profound energy and emotional resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the continuous onslaught of noise and distractions. However, situated within the musical pages of **Good Food Guide 2005**, a captivating perform of fictional elegance that pulses with raw feelings, lies an memorable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that interesting opus guides readers on an emotional odyssey, lightly exposing the latent potential and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect its charming writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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