

Country: United Kingdom

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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.

Check the label on packaged

Energy	Total fat	Saturated fat	Total sugars	Total salt
2000kcal	66g	20g	51g	2.3g
LOW	45%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g/ 100ml/ 100kcal

Choose foods lower in fat, salt and sugars

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

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

Patatoes, bread, rice, pasta and other starchy carbohydrates

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.

Choose unsaturated oils and use in small amounts

Choose over fat and lower sugar options

Eat less often and in small amounts

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily Eat less red and processed meat

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

Key Message

Drink 6-8 cups/glasses of fluid a day.
Don't get thirsty.

Date of Record: July 2016

Source of Information: [Link](#)