

Eatwell Guide

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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 foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

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

Fruit and vegetables



Eat less often and in small amounts

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8 a day

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.

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



Choose unsaturated oils and use in small amounts

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

Fruit & vegetables



- Fresh, frozen, canned, dried, juiced - 150ml max
- Vitamin C - healthy skin and iron absorption
- Vitamin A - growth & repair of tissue and eyesight
- Folate - red blood cell production
- Fibre - healthy gut, to prevent constipation
- Carbohydrate - energy

5 a day



- New logo
- Only one portion claim for juice and smoothies
- No agreement on criteria for composite foods

Potatoes, bread, rice, pasta and other starchy carbohydrates



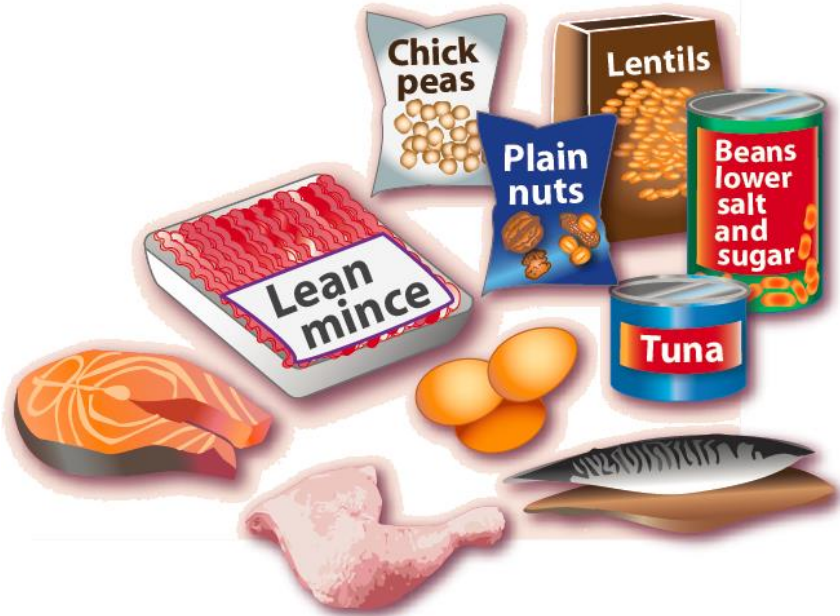
- Carbohydrate - energy
- Fibre - healthy gut, to prevent constipation
- B vitamins – utilise energy from food
- Folate - red blood cell production
- Chose wholegrain options for more fibre

Dairy and alternatives



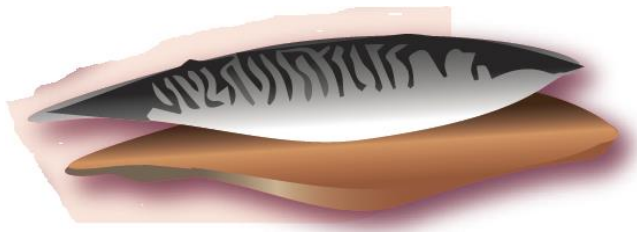
- Calcium - healthy bones & teeth
- Protein - growth & repair of tissue
- Protein - energy
- Low fat choices

Beans, pulses, fish, eggs, meat and other proteins



- Protein - growth & repair of tissue
- Protein - energy
- Iron – (red meat) for healthy red blood cells
- B vitamins
- Zinc - tissue growth and repair
- Omega 3 fats from oily fish for healthy hearts
- Emphasis on plant sources of protein

Fish



- 2 portions fish each week, one of which oily
- Omega 3 fats from oily fish for healthy hearts
- Non oily - cod, skate, haddock, halibut and plaice
- Oily - salmon, trout, sardines, pilchards, mackerel and fresh tuna

Oils and spreads



- Choose unsaturated fats – vegetable oil, rapeseed oil
- All fats are high in energy and should be limited

Foods containing fat and foods containing sugar



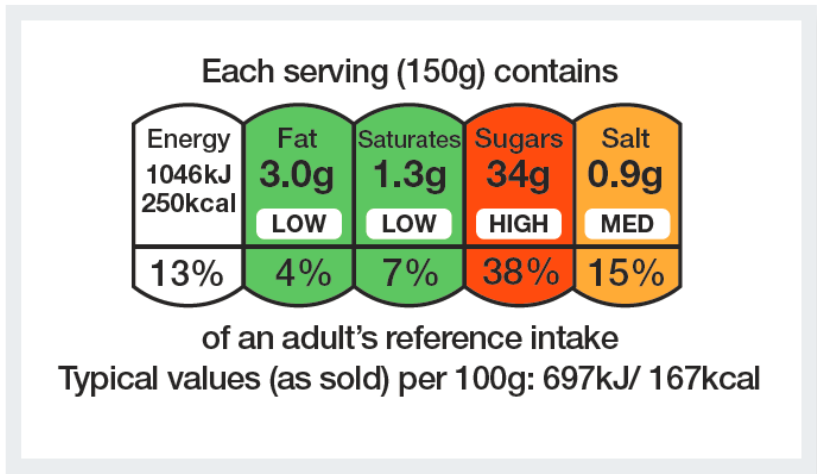
- These foods are not essential
- They are high in fat and/or sugar
- Eat in small amounts, occasionally

Hydration



- Aim for at least 6-8 glasses of fluid per day
- This includes:
 - Water
 - Milk
 - Fruit juice (150mls max)
 - Sugar free drinks
 - Tea/coffee

Food labelling



- Nutrition information per serving
- Reference intake - how much of each nutrient should be included in the daily diet

- Tell at a glance if they are **high**, **medium** or **low** in calories, fat, sat fat, sugar and salt
- Choose foods with more greens and ambers and fewer reds