

# Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Salt (g)	Sugars (g)
12.5%	7%	4.3%	10%	10%

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



Eat less often and in small amounts

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