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 foods

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugar</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1046kJ</td>
<td>3.0g</td>
<td>1.3g</td>
<td>34g</td>
<td>0.9g</td>
</tr>
</tbody>
</table>

Each serving (150g) contains

- 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
- Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat
- Choose wholegrain or higher fibre versions with less added fat, salt and sugar
- Choose lower fat and lower sugar options
- Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

Per day

- Women: 2000kcal
- Men: 2500kcal = ALL FOOD + ALL DRINKS