

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains



of an adult's reference intake
 (based on an adult male 100kg, 67kcal without)

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 where amounts to a total of 150ml a day



Eat less often and in small amounts

Per day 2000kcal 1900kcal = ALL FOOD + ALL DRINKS