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.

- **Fruit and vegetables**: Choose a variety of fruit and vegetables every day. Eat at least 5 portions of fruit and vegetables.
  - *Typical values (as sold) per 100g: 697kJ/167kcal* (of an adult’s reference intake)
  - Check the label on packaged foods

- **Potatoes, bread, rice, pasta and other starchy carbohydrates**: Choose wholegrain or higher fibre versions with less added fat, salt and sugar.
  - Potatoes
  - Wholegrain pasta
  - Wholewheat Bagels

- **Dairy and alternatives**: Choose lower fat and lower sugar options.
  - Low fat soft cheese
  - Semi-skimmed milk
  - Plain yoghurt

- **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.
  - Tuna
  - Lentils
  - Lean mince

- **Oil & spreads**: Choose unsaturated oils and use in small amounts.
  - Lower fat spread

- **Fats and sugars**: Choose foods lower in fat, salt and sugars.
  - Low fat soft cheese
  - Semi-skimmed milk

- **Fruit and vegetables**: Eat 5 portions of fruit and vegetables every day.

- **Water, milk, tea and coffee**: Water, lower fat milk, sugar-free drinks including tea and coffee. Limit fruit juice and smoothies to a total of 150ml a day.

- **Eat at least 5 portions of fruit and vegetables every day**