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.

- **Food Groups**
  - **Fruit and vegetables**
  - **Dairy and alternatives**
  - **Beans, pulses, fish, eggs, meat and other proteins**
  - **Potatoes, bread, rice, pasta and other starchy carbohydrates**
  - **Oil and spreads**

- **Guidelines**
  - Choose wholegrain or higher fibre versions with less added fat, salt and sugar.
  - Choose unsaturated oils and use in small amounts.
  - 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.
  - Eat less often and in small amounts.

- **Check the label on packaged foods**

- **Typical values (as sold) per 100g:**
  - Energy: 697kJ/167kcal
  - Fat: 3.0g (15% of an adult’s reference intake)
  - Saturates: 1.3g (7% of an adult’s reference intake)
  - Sugars: 34g (38% of an adult’s reference intake)
  - Salt: 0.9g (4% of an adult’s reference intake)

- **Source:** Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016