

# 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

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

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

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



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



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



6-8 a day

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.

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



The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It's important to be aware of portion sizes; as having too much of certain food groups will make weight management very difficult.

### **Fruit and vegetables**

Fruit is a healthy option as it provides a lot of vitamins and minerals and anti-oxidants. However, fruit contains fruit sugar and if had too often and in large portion sizes, it can be difficult for your body to process. Fruit juice and smoothies should be limited to no more than a combined total of 150ml a day. An easy way of monitoring your portion size for fruit and vegetables, is the size of your hand. Filling up on vegetables at mealtimes and snacks, will help provide all the necessary vitamins and minerals, whilst maintaining a healthy weight and controlled glucose level.

**Eat at least 5 portions of fruit and vegetables a day.**

### **Carbohydrates:**

Starchy food should make up just over a third of the food we eat. Choose high fibre wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also high fibre versions of white bread and pasta. Starchy

foods are a good source of energy and the main source of a range of nutrients in our diet.

### **What is a portion?**

(This is a generic portion-liaise with your Dietitian to get further advice on size and how many portions you need in a typical day?)

- 1 large medium slice bread or toast\*
- ½ large roll or bagel \*
- 1 medium wrap
- 1 small thin chapati\*
- 6 tablespoons/handful unsweetened breakfast cereal\*
- 1½ Weetabix\*
- 1½ Shredded Wheat\*
- 2 level serving spoons cooked porridge with milk (no sugar)
- 2 egg sized potatoes or ½ medium jacket potato
- 2 tablespoons of mashed potato
- 10 oven chips
- 1 serving spoon cooked rice\*
- 2 serving spoons boiled pasta\*
- 2 serving spoons egg noodles
- 2 level serving spoons couscous

**Top tip:** Choose high fibre foods \* when you can as this will help to keep you fuller for longer and stabilise blood sugars.