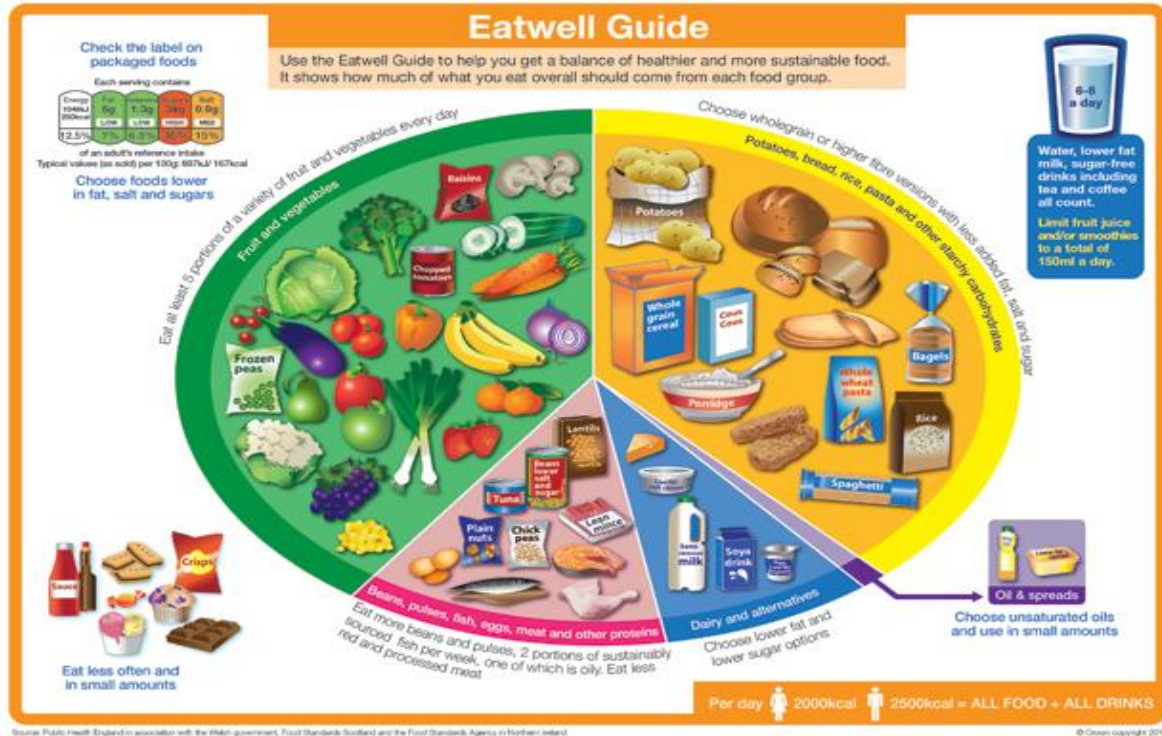


The Eatwell Guide



Fruit and vegetables

Eat at least **5** portions of a variety of fruit and vegetables every day. Eat lots of fruit and vegetables each day.

Fresh, frozen, dried and tinned (in juice or water) all count, as well as unsweetened fruit juices and smoothies (maximum 150ml, once a day). Try to have lots of different colours.

As a guide a portion is a handful of fresh frozen or canned fruit or vegetables. 1 Portion of dried fruit only counts once a day (30g).



Remember... Try to avoid adding rich sauces or butter to vegetables and sugar or syrups to fruit. Also, make sure tinned fruit and vegetables don't have added sugar and/or salt.

Potatoes, bread, rice, pasta and other starchy carbohydrates



Have foods from this section at every meal.

Have **wholegrain** or higher fibre varieties of breads, rice or pasta and leave skins on potatoes.

Include foods such as bread, chapattis, breakfast cereals, porridge and rice in all of your meals.



Remember...

Choose brown/wholegrain options where possible for more fibre, vitamins and minerals. These will also help to fill you up.

Dairy and alternatives

Have milk & dairy food e.g, cheese, yoghurt, fromage frais or calcium containing non-dairy alternatives of these in your diet every day.



Remember...

Choose *lower-fat and lower-sugar options where possible e.g semi- skimmed milk, low fat cheese and yoghurt.*

Beans, pulses, fish, eggs, meat and other proteins

These foods are sources of protein, vitamins and minerals. Aim to have **2** helpings of fish per week, one of which is oily for example salmon. Beans and pulses are good for us because they are **low in fat and high in protein, fibre, vitamins and minerals.**



Remember...

Eat less red and processed meat such as sausages, bacon and cured meats. Remove skin and visible fat from meat and poultry



Oils and spreads

Some fats in our diet are essential, but we need to think about the type of fat we add to our food, because generally we are eating too much **saturated fat.**

Unsaturated oils such as rapeseed, olive or sunflower oils are healthier choices than saturated fats like butter and lard. Swapping butter for lower fat unsaturated fat spreads is a way to reduce your saturated fat intake.



Remember...

All types of fat are high in energy so only use a small amount.



Foods to eat less often and in small amounts

This includes food and drinks high in fat and sugar such as cakes, biscuits, chocolate, sweets, puddings, pastries, ice cream, jam, honey, crisps, sauces, butter, cream and mayonnaise.



Remember...

These foods are not needed so, should be consumed occasionally and in small amounts.

Hydration

Aim to have **6-8** glasses of fluid a day.

Limit fruit juice and/or smoothies to a total of

150ml a day.



Remember...

Water, lower fat milk and sugar free drinks including tea and coffee all count



Each 1/2 pack serving contains

MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Sat Fat	Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

of your guideline daily amount

Source: Food Standards Agency

Food labelling

Colour coded labels on the front of packs can help you to choose between foods and pick those that are lower in **calories**, **fat**, **saturated fat**, **sugar** and **salt**.