

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

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

of an adult's reference intake

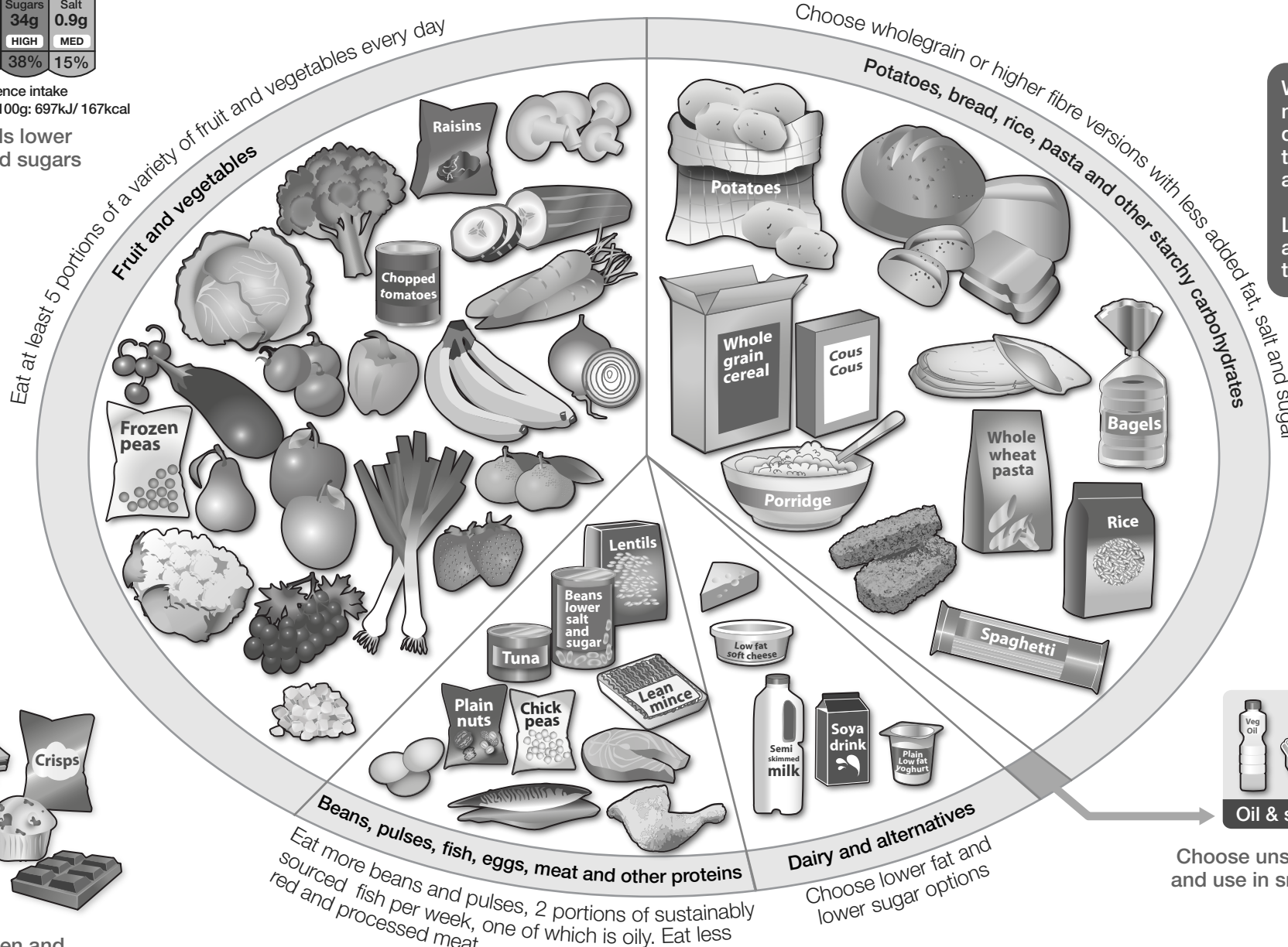
Typical values (as sold) per 100g: 697kJ/ 167kcal

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 and smoothies to 150ml a day.



Choose unsaturated oils and use in small amounts

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