

# Eatwell Guide

Check the label on packaged foods

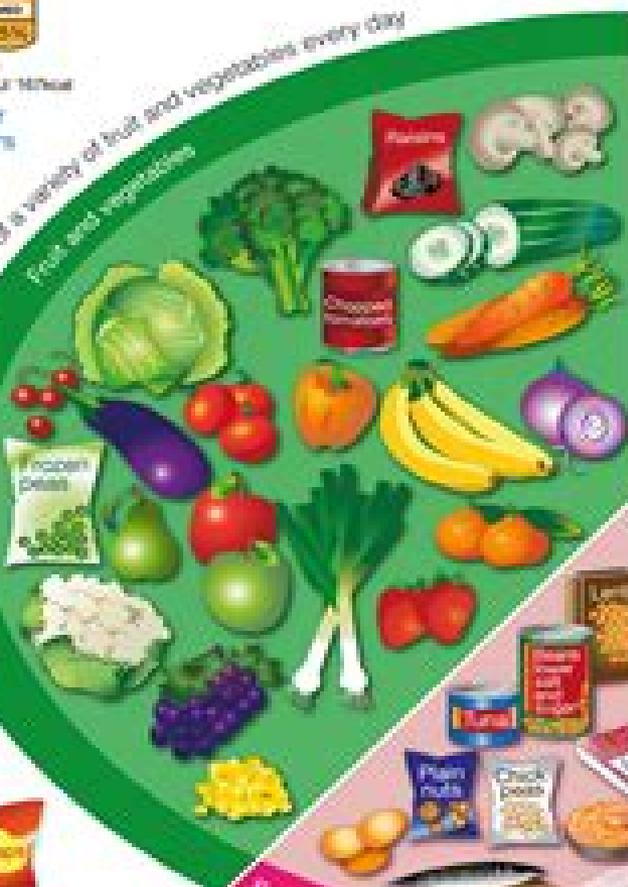
Each serving (100g) contains

Energy (kcal)	3.6g	1.2g	34g	0.8g
Carbohydrate	4%	7%	66%	15%

of an adult's reference intake  
Typical values for salt per 100g (887µmol NaCl/mol)

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

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.

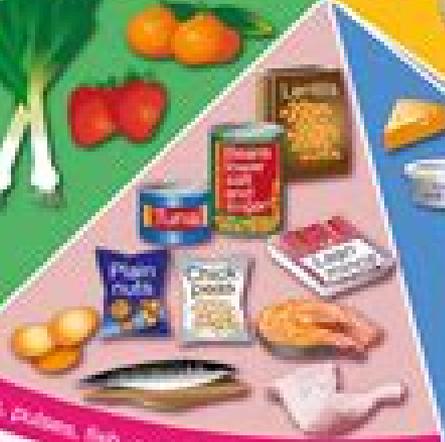
Choose wholegrain or higher fibre versions with less added fat, salt and refined carbohydrates



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.

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

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

# Wales A Good Eating Guide

**Michael Hoelscher**



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