Check the label on packaged foods

Each serving (150g) contains

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugar</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1046kJ</td>
<td>3.0g</td>
<td>1.3g</td>
<td>34g</td>
<td>0.9g</td>
</tr>
<tr>
<td>250kcal</td>
<td>4%</td>
<td>7%</td>
<td>38%</td>
<td>15%</td>
</tr>
</tbody>
</table>

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

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

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

Use more beans, pulses, fish, eggs, meat and other proteins

Eat more wholegrain or higher fibre cereals

Choose unsaturated oils and use in small amounts

Choose lower fat and lower sugar options

Eat less often and in small amounts

Choose foods lower in fat, salt and sugars

Check the label on packaged foods

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.

Eatwell Guide


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

Energy: 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.