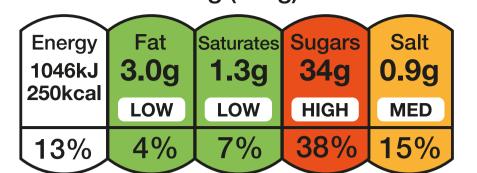
Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains



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

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.

Beans

salt and

Chick peas

Tuna

Eat more is supplied to ustain

Eat more beans and pulses, 2 portions of sustainably fish par which is oily. Eat less

sourced beans and pulses, 2 portions of sustained and processed meat

Plain



Porridge

Low fat soft cheese

milk



Eat less often and in small amounts

Dairy and alternatives

Choose lower fat and lower sugar options

Plain Low fat Yoghurt

Soya drink

Oil & spreads

sugar

Bagels

Rice

Whole

wheat

Spaghetti

Choose unsaturated oils and use in small amounts

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

Frozen

peas