

# Eatwell Guide

Check the label on packaged foods

Each serving (50g) contains

Energy kcal/kJ	Fat g	Saturated fat g	Sugar g	Salt g
12%	4%	2%	24%	15%

of an adult's reference intake

Typical values for adults per 100g: 400kcal, 100kcal

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/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

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

# Eatwell Plate Template

**Ensheng Dong**



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