Is the Eatwell Guide for me?

- **The Eatwell Guide applies to most people regardless of weight, dietary restrictions/ preferences or ethnic origin.**
- **However it does NOT apply to children under the age of 2 because they have different nutritional needs. Between the ages of two and five years, children should gradually move to eating the same foods as the rest of the family, in the proportions shown in the Eatwell Guide.**
- **Anyone with special dietary requirements or medical needs should check with a registered dietitian, or their GP, on how to adapt the Eatwell Guide to meet their individual needs.**

8 tips for eating well for the whole family

1. Base your meals on starchy foods; choosing wholegrain varieties where possible.
2. Eat more fruit and vegetables; strive for five!
3. Eat two portions of fish every week; one of which should be oily.
4. Choose unsaturated oils and spreads and eat in small amounts.
5. Choose lower fat, lower sugar options where possible.
6. Choose high fat, sugar and/or salty foods and snacks less often and in smaller amounts.
7. Eat breakfast every day.
8. Drink 6-8 cups/glasses of fluid a day.

When should I use the Eatwell Guide?

You can use the Eatwell Guide to make healthier choices whenever you're;

- At home deciding what to eat, what to cook, what to put in a lunchbox or what to shop for
- Out shopping – aim to fill your trolley/basket with a healthy balance of different types of food
- Eating out in a restaurant, café or work canteen, or when you're choosing food on the run – follow the Eatwell Guide to help you choose a healthy balance.

Find out more:

- www.phunkyfoods.co.uk/parent/eatwell-parents-information/
- www.nhs.uk/change4life
- www.nhs.uk/live-well/eat-well/
- www.bda.uk.com/foodfacts/healthyeatingchildren.pdf

Eatwell Guide

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.

Pin me up!

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

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

Fruit and vegetables

Raisins, Chopped tomatoes, Frozen peas

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

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes, Whole grain cereal, Cous Cous, Porridge, Whole wheat pasta, Bagels, Rice, Spaghetti

Beans, pulses, fish, eggs, meat and other proteins

Lentils, Beans lower salt and sugar, Tuna, Plain nuts, Chick peas, Lean mince

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

Low fat soft cheese, Semi skimmed milk, Soya drink, Plain Low fat Yoghurt

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

Sauce, Crisps

Eat less often and in small amounts

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.

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

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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