

# Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Sugar (g)	Salt (g)
2000	3.0	1.3	34	0.9
LOW	LOW	LOW	LOW	LOW

Typical values (as sold) per 100g: 607kcal/ 167kcal

of an adult's reference intake

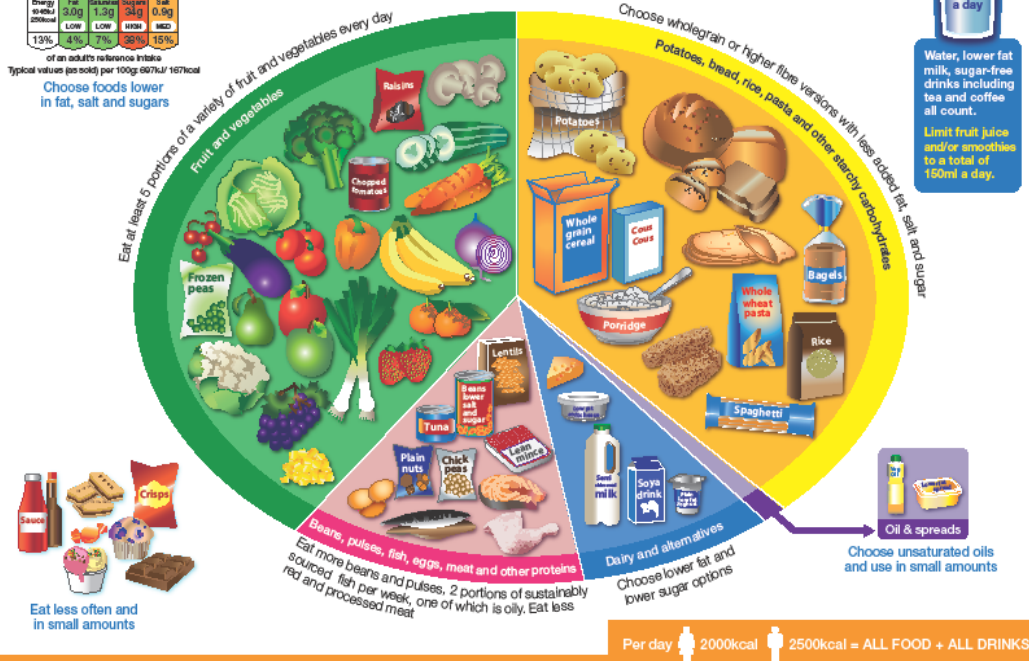
13%	4%	7%	26%	15%
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Choose foods lower in fat, salt and sugars

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.



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