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.

Choose foods lower in fat, salt and sugars

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

Eat at least 5 portions of a variety of fruit and vegetables every day

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose unsaturated oils and use in small amounts

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

Eat at least 5 portions of a variety of fruit and vegetables every day

Eat less often and in small amounts

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

Check the label on packaged foods

Energy

Fat

Saturates

Sugar

Salt

13%

4%

7%

38%

15%

of an adult’s reference intake

Per day

2000kcal

2500kcal = ALL FOOD + ALL DRINKS