

Healthy Living - the **EATWELL** guide

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	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

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.



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

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FRUIT & VEG



Eat at least five portions of a variety of fruit and vegetables each day.

PROTEIN

Beans, pulses, fish, eggs and meat are good sources of protein. Choose lean meat and mince instead of bacon, ham or sausages. Aim for two portions of fish each week, one of which should be oily, such as salmon or mackerel.



OILS & SPREADS

Choose unsaturated oils and eat in small amounts. All are high in energy so use sparingly.

CARBOHYDRATES

Base meals on potatoes, bread, rice, pasta or other starchy carbs. They should make up about a third of our food. Choose high fibre wholegrain options where available.



DAIRY

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, as well as calcium which keeps our bones strong. Try lower fat or lower sugar options if you can.



FAT, SALT & SUGAR

Chocolate, cake, biscuits, butter, ghee and ice-cream are high in salt, fat or sugar. Eat in small amounts!






Healthy Living: food **LABELLING**



The Change4Life food scanner app is designed to show you quickly and easily how much sugar, salt and saturated fat is inside your food and drink. Just scan the barcode!

It also has hints and tips for healthier choices.

If you don't have the app, check the food labels as some use a simple traffic-light code to show sugar, fat and salt content:

-  Red means **HIGH** sugar, fat or salt. Choose sparingly.
-  Orange means **MEDIUM** sugar, fat or salt. A so-so choice.
-  Green means **LOW** sugar, fat or salt. A healthier option!

Healthy Living: **SUGAR & SALT** limits

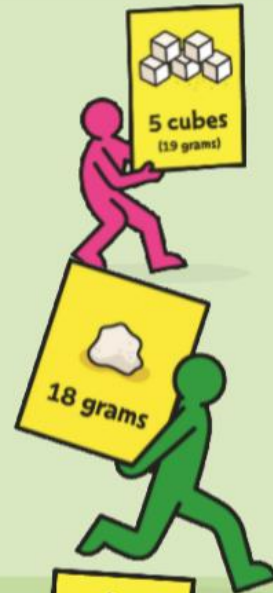
Maximum daily amounts of added sugar

4-6 YEARS

7-10 YEARS

11+ YEARS

SUGAR



SALT



**AIM
FOR 60
MINUTES
EACH
DAY**

Healthy Living: **ACTIVITY**

BIKE



PLAY



SWIM



CLIMB



SKIP



SKATE



ACTIVE TRAVEL



RUN



P.E.



SPORT



WORKOUT



DANCE



Healthy Living: **ACTIVITY**

1

**BUILDS CONFIDENCE
& SOCIAL SKILLS**

**IMPROVES HEALTH
& FITNESS**

5

2

**DEVELOPS
CO-ORDINATION**

**MAKES YOU
FEEL GOOD**

6

3

**MAINTAINS
HEALTHY WEIGHT**

**STRENGTHENS
BONES & MUSCLES**

7

4

**IMPROVES CONCENTRATION
& LEARNING**

**IMPROVES
SLEEP**

8

**PHYSICAL
ACTIVITY**