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**

- **Fruit and vegetables**
  - Eat at least 5 portions of a variety of fruit and vegetables every day.
- **Beans, pulses, fish, eggs, meat and other proteins**
  - 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**
  - Choose wholegrain or higher fibre versions with less added fat, salt and sugar.
- **Oil & spreads**
  - Choose unsaturated oils and use in small amounts.
- **Potatoes, bread, rice, pasta and other starchy carbohydrates**
  - Choose potatoes or higher fibre versions with less added fat, salt and sugar.

**Eat less**

- Crisps
- Raisins
- Frozen peas
- Lentils
- Soya drink
- Cous cous pasta
- Whole wheat Bagels
- Porridge
- Low fat soft cheese
- Tuna
- Plain nuts
- Chick peas
- Lean mince
- Lower fat spread
- Sauce

**Check the label on packaged foods**

- Energy: 1046kJ/250kcal
- Fat: 3.0g (13%)
- Saturates: 1.3g (7%)
- Sugars: 34g (38%)
- Salt: 0.9g (15%)

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

**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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