

# Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
LOW	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	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.



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