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.

Each serving (150g) contains

- Energy: 1046kJ (250kcal)
- Fat: 3.0g
- Saturates: 1.3g
- Sugars: 34g
- Salt: 0.9g

of an adult’s reference intake

Choose foods lower in fat, salt and sugars

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

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

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose lower fat and lower sugar options

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 less often and in small amounts

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

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

Check the label on packaged foods

Ensure food is lower in fat, salt and sugars


Per day

- Woman: 2000kcal
- Man: 2500kcal

= ALL FOOD + ALL DRINKS