

Fruit and vegetables	All fruit and vegetables including fresh, frozen, canned, dried and juiced varieties. Potatoes do not count as they are considered a starchy carbohydrate food.			Eat plenty of fruit and vegetables. Aim for at least 5 portions of a variety of fruit and vegetables every day. Remember that a portion of dried fruit is 30g and should be kept to mealtimes. Limit fruit juice and smoothies to a combined total of 150ml which counts as 1 of your 5 A Day. There is evidence to suggest that people who eat lots of fruit and veg are less likely to develop chronic diseases such as coronary heart disease and some types of cancer.	Try to eat as many different types of fruit and vegetables as possible. Avoid adding sauces/dressing high in fat, salt or sugar to your fruit and veg e.g. chocolate sauce on banana or honey/butter glaze on your parsnips. Bulk out your meals with vegetables such as grated carrot, mushrooms or peppers for an extra portion of your 5 A Day which will make your meal spread further. Remember to keep fruit in your bag as a convenient and healthy snack and frozen vegetables in your freezer so you don't run out.
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> bread, including: soda bread, rye bread, pitta, flour tortilla, baguettes, chapatti, bagels rice 	<ul style="list-style-type: none"> potatoes breakfast cereals, oats pasta, noodles maize, cornmeal, couscous, bulgur 	<ul style="list-style-type: none"> polenta millet, spelt wheat, pearl barley yams and plantains 	Eat plenty of starchy carbohydrates including potatoes, bread, rice and pasta. Choose wholegrain varieties, or keep the skins on potatoes, for more fibre, vitamins and minerals.	Base your meals around starchy carbohydrates. Check the labels and choose the products lowest in fat, salt and sugar. If you are having chips, go for oven chips lower in fat and salt. If you are serving starchy foods, try to avoid adding too much fat (eg oil or butter on roast potatoes) or sauces (creamy pasta) as these contain lots of calories.
Dairy and dairy alternatives	Milk, cheese, yoghurt, fromage frais, quark, cream cheese. This also includes non-dairy alternatives to these foods. Butters and creams are not included in this group as they are high in saturated fat and so they fit into the 'foods to eat less often and in small amounts' section.			Eat some dairy or dairy alternatives. Choose lower fat options when possible. For products like yoghurt, check the label and go for ones lower in fat and sugars.	Try swapping to 1% fat milk as opposed to whole or semi-skimmed milk. Cheese is high in saturated fat, so try buying reduced fat cheese. Alternatively grate it instead of slicing it to avoid using more than you need. Try to use low fat plain yoghurt as opposed to cream, crème fraîche or mayonnaise.
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> meat, poultry and game, including: lamb, beef, pork, chicken, bacon, sausages, burgers white fish (fresh, frozen or canned), including: haddock, plaice, pollock, coley, cod, canned tuna 	<ul style="list-style-type: none"> oily fish (fresh, frozen or canned), including: mackerel, sardines, trout, salmon, whitebait, fresh tuna shellfish (fresh, frozen or canned), including: prawns, mussels, crab, squid, oysters 	<ul style="list-style-type: none"> nuts eggs beans and other pulses, including: lentils, chickpeas, baked beans, kidney beans, butter beans vegetarian meat alternatives eg tofu, mycoprotein 	Eat some beans, pulses, fish, eggs, meat and other proteins. Eat at least 2 portions (2 x 140g) of fish each week, one of which is oily. Limit processed meats such as sausages, bacon and cured meats. If you eat more than 90g per day of red or processed meats, try to reduce the amount to no more than 70g per day.	<p>When you're cooking and serving these foods, try not to add extra fat or oil.</p> <p>When you're buying meat, ask your butcher for a lean cut or compare the labels on different products and choose the one lower in saturated fat.</p> <p>Watch out for meat and fish products in pastry, batter or breadcrumbs as these can be high in fat and/or salt.</p> <p>Remember that an 80g portion of beans or pulses can count as 1 of your 5 A Day!</p>
Oils and spreads	Unsaturated oils including vegetable oil, rapeseed oil, olive oil and sunflower oil. Soft spreads made from unsaturated oils. Butters are not included in this section as these are high in saturated fat and are included in the 'foods to eat less often and in small amounts' section.			Use these products sparingly as they are high in fat. Cutting down on these types of foods could help to control your weight as they are high in calories.	<p>Choose lower fat spreads where possible and use sparingly.</p> <p>Check the label and choose oils high in unsaturated fat and low in saturated fat. Oils expand when heated and so heating oil in the pan before you use it will make it go further so you don't need to use as much.</p>
Foods to eat less often and in small amounts	<ul style="list-style-type: none"> cakes biscuits chocolate sweets puddings 	<ul style="list-style-type: none"> pastries ice cream jam honey crisps 	<ul style="list-style-type: none"> saucers butter cream mayonnaise 	These foods are not required as part of a healthy, balanced diet. If included, they should only be consumed infrequently and in small amounts. Most of us need to cut down on the amount of high fat, salt and sugar foods we eat and drink.	Use lower fat spread instead of butter. Swap cakes and biscuits for a slice of malt loaf or a teacake with low fat spread. If you add sugar to your food or drinks, gradually reduce the amount you add until your taste buds adapt and you can cut it out altogether. Alternatively try using a calorie-free sweetener instead.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	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.



Eat less often and in small amounts

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