

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy	Fat	Salt	Sugar	Fibre
12%	15%	15%	15%	15%

of an adult's reference intake
Typical values are listed per 100g (100kcal) 100g

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 100ml a day.

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



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 lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and
in small amounts

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

Guide To Food

Emilie Sanchez



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Table of Contents Guide To Food

1. Understanding the eBook Guide To Food
 - The Rise of Digital Reading Guide To Food
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Food
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Food
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Food
 - Personalized Recommendations
 - Guide To Food User Reviews and Ratings
 - Guide To Food and Bestseller Lists
5. Accessing Guide To Food Free and Paid eBooks
 - Guide To Food Public Domain eBooks
 - Guide To Food eBook Subscription Services
 - Guide To Food Budget-Friendly Options
6. Navigating Guide To Food eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide To Food Compatibility with Devices
 - Guide To Food Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide To Food
 - Highlighting and Note-Taking Guide To Food
 - Interactive Elements Guide To Food
8. Staying Engaged with Guide To Food

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Guide To Food
- 9. Balancing eBooks and Physical Books Guide To Food
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Food
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide To Food
 - Setting Reading Goals Guide To Food
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide To Food
 - Fact-Checking eBook Content of Guide To Food
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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