

# Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

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

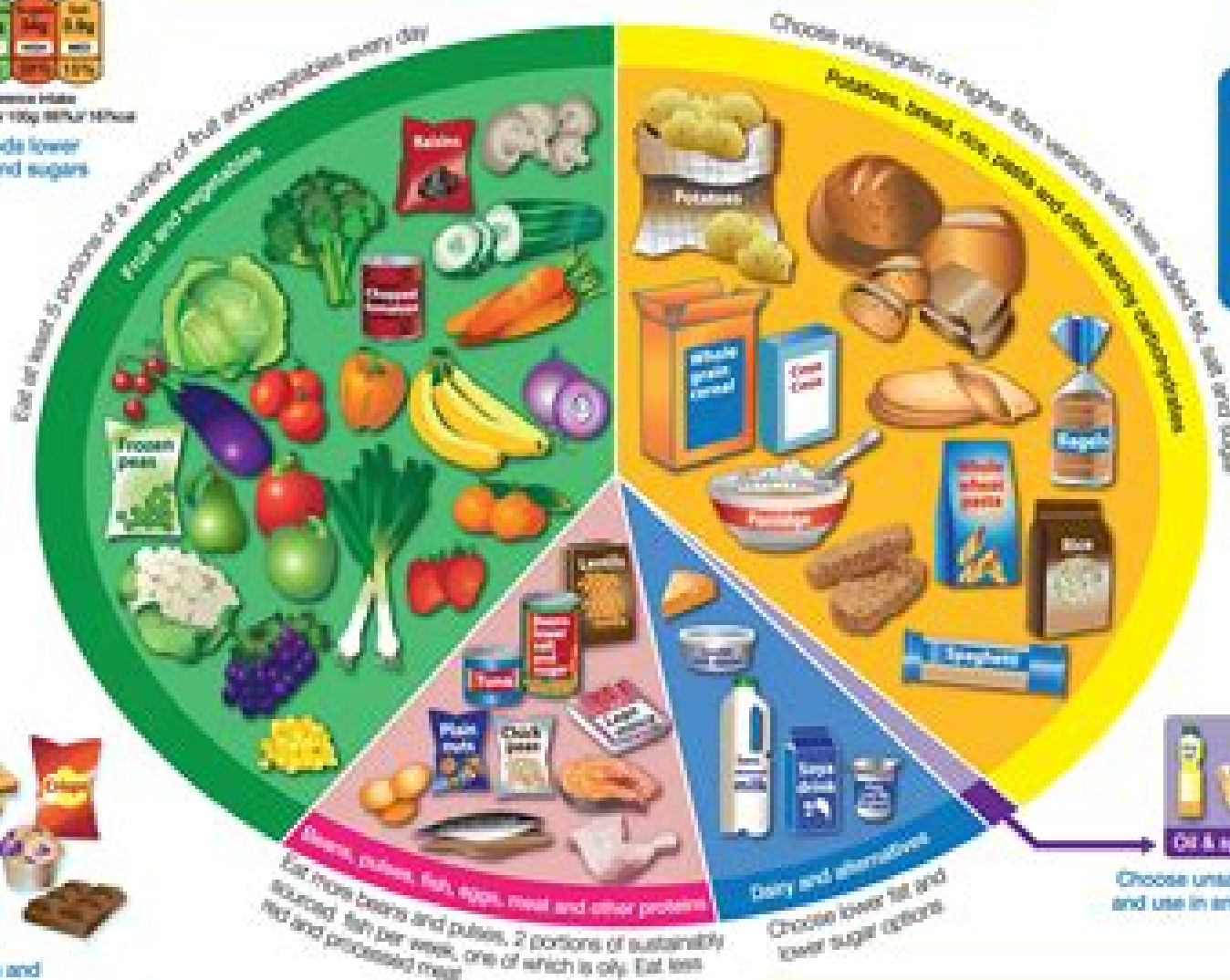
of an adult's reference intake  
Typical values are listed per 100g (100kcal) 100kcal

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.



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

# Guide To Food

**Jicheng Xie**



## **Guide To Food:**

Uncover the mysteries within Explore with is enigmatic creation, **Guide To Food** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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