

# 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

# Food Standards Guide

**Victor M. Corman**



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