

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	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 at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

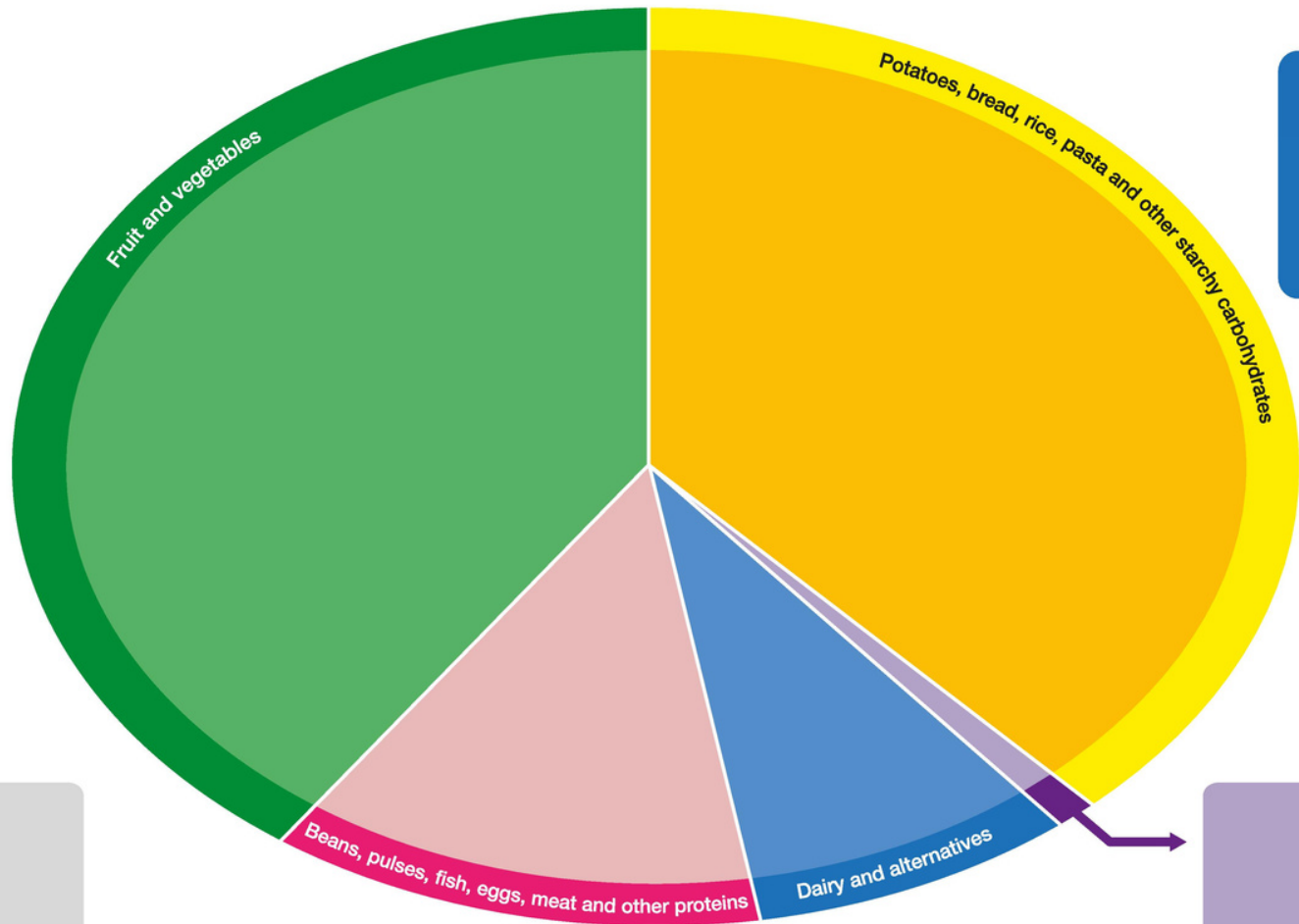
Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts

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

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Eat less often and in small amounts

Oil & spreads

Northampton Saints example player meal



Afternoon meal **Sriracha Salmon**

- Salmon
- Noodles
- Vegetables - peppers, carrots, onions, bean sprouts, spring onions

Activity

Worksheet 1

Can you find on the Eatwell Guide...

What you had for breakfast?

What's in your lunch box or on the menu for hot dinners today at school?

Your favourite food item or meal?

What food groups did you have as part of your meal?

Is your meal balanced? Does it contain the different food groups?

Worksheet 2

How many foods can you add to the (blank Eatwell Guide)?

Can you create a meal from those foods? Is the meal balanced?

Players meal

Can you place the foods into the Eatwell Guide?