Eatwell Guide

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.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose unsaturated oils and use in small amounts.

Dairy and alternatives

Choose lower fat and lower sugar options.

Eat less often and in small amounts.

Eat at least 5 portions of a variety of fruit and vegetables every day.

Fruit and vegetables

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less.

Beans, pulses, fish, eggs, meat and other proteins

Choose lower fat milk, sugar-free drinks including tea and coffee all count.

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.

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

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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