





## Healthy Eating Advice for Families

The Eatwell Guide shows how much of what we eat should come from each food group over a day or week. You can find it online here: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

The Eatwell Guide helps us eat a healthy, balanced diet by showing the proportions of different food groups we should aim for. It applies to most people (from age 2 and up) regardless of whether you eat meat, are vegetarian, or have different cultural foods. You don't need to get the balance perfect every meal – aim for balance over a day or week.

### Food Group Breakdowns & Tips

Food Group	Recommended Proportion	Why It's Important	Tips / Examples
Fruit & Vegetables	Just over one third: 	Rich in vitamins, minerals, fibre	Aim for 5 portions a day. Use fresh, frozen, or canned (no added sugar/salt).
Starchy Carbohydrates (potatoes, bread, rice, pasta)	Just over one third: 	Provide energy and key nutrients	Choose wholegrain/high fibre varieties. Leave skins on potatoes.



Protein Foods  
(beans, pulses,  
fish, eggs, meat)

Moderate portion:

For growth, repair, body  
functions

Try beans/pulses regularly, lean meat,  
and 2 portions of fish weekly (1 oily).



Dairy or  
Alternatives

Moderate:

Source of calcium, protein

Choose lower-fat, lower-sugar options  
(e.g. semi-skimmed milk, plain yoghurt).



Oils & Spreads

Small amounts

Provide essential fats

Use unsaturated oils (e.g. olive,  
rapeseed) and use sparingly.

Foods high in fat, salt or sugar (such as sweets, crisps, and sugary drinks) are **outside** the main plate – eat them **less often and in small amounts**.



## Hydration & Other Tips



- Drink 6 to 8 glasses of fluid a day – water, lower-fat milk, tea/coffee without added sugar all count.
- Limit fruit juice or smoothies to a combined 150ml per day.
- Eat foods high in fat, salt or sugar less often and in smaller amounts.
- When meals are mixed (e.g. casseroles, sandwiches), think which groups they include and aim for balance.



# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	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

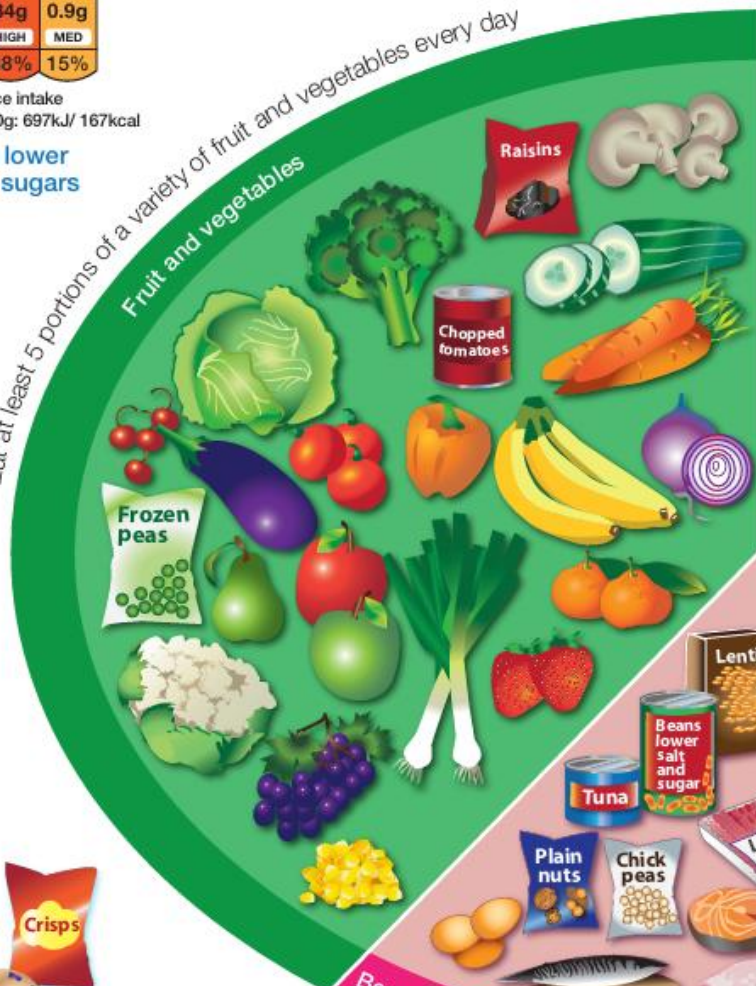
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



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



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



Oil & spreads



Choose unsaturated oils and use 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



Eat less often and in small amounts