

# DT

LO: to choose and prepare foods  
that form a healthy diet

# Healthy Eating





# 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

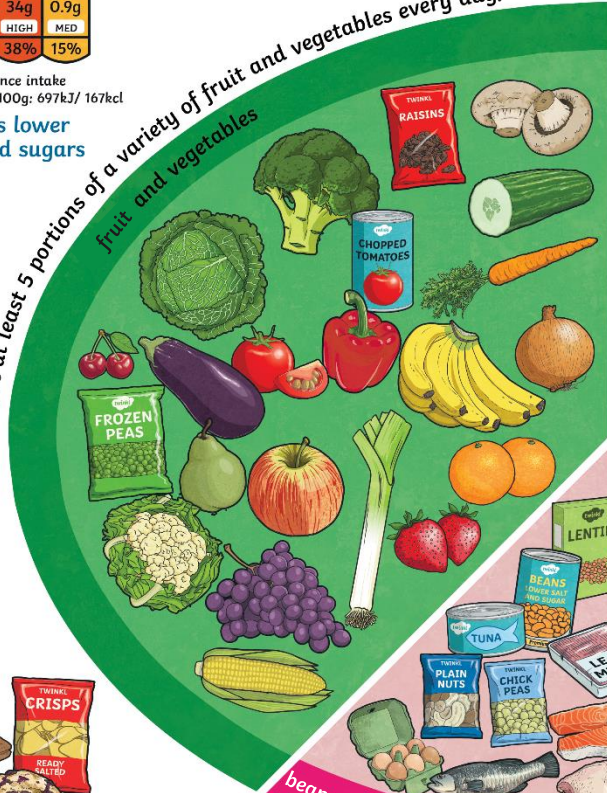
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



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.



Eat less often and in small amounts

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



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.

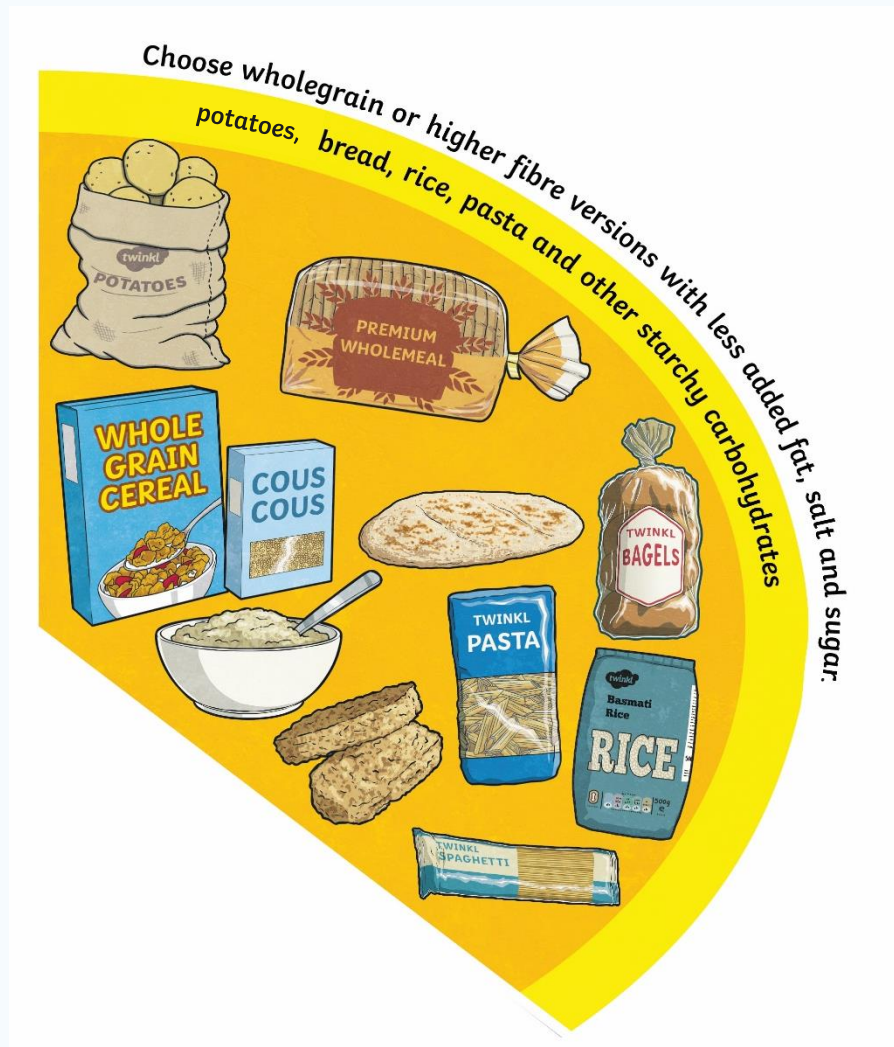


oil, & spreads

Choose unsaturated oils and use in small amounts.

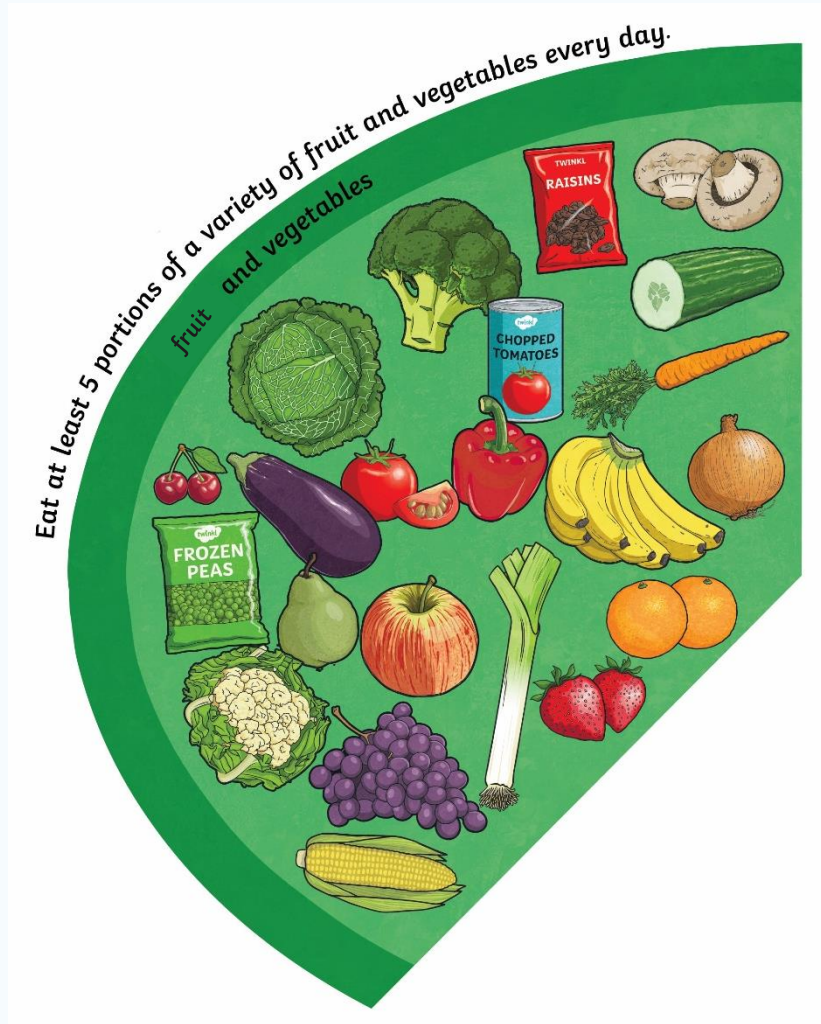
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# Carbohydrates

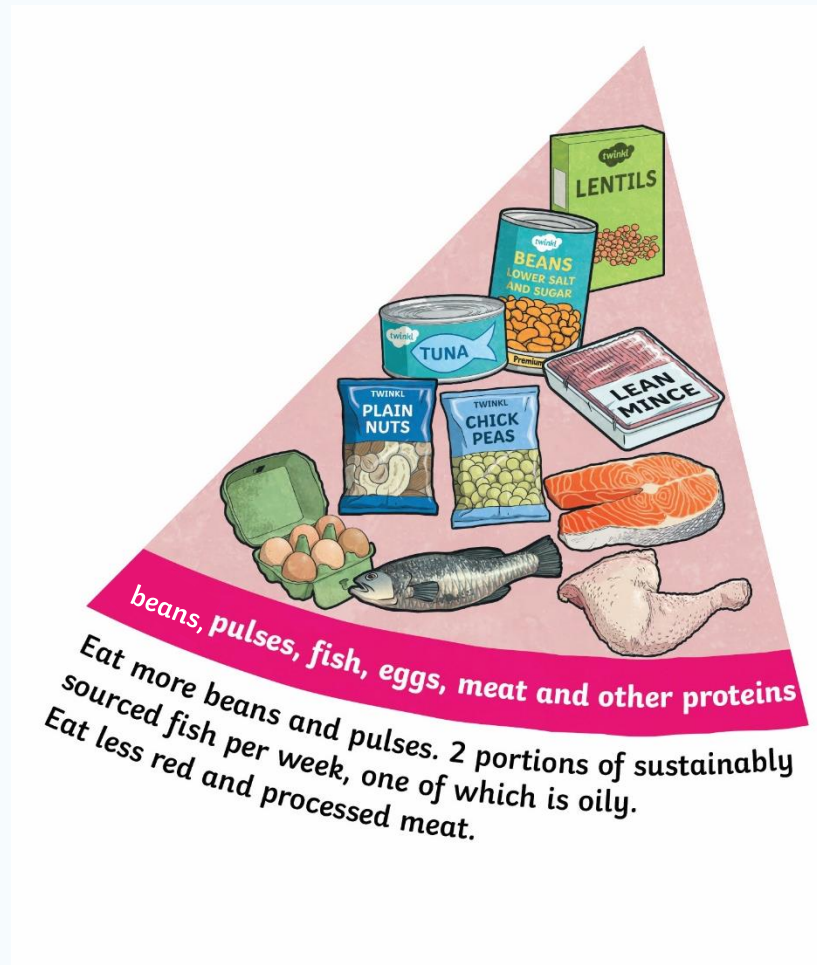




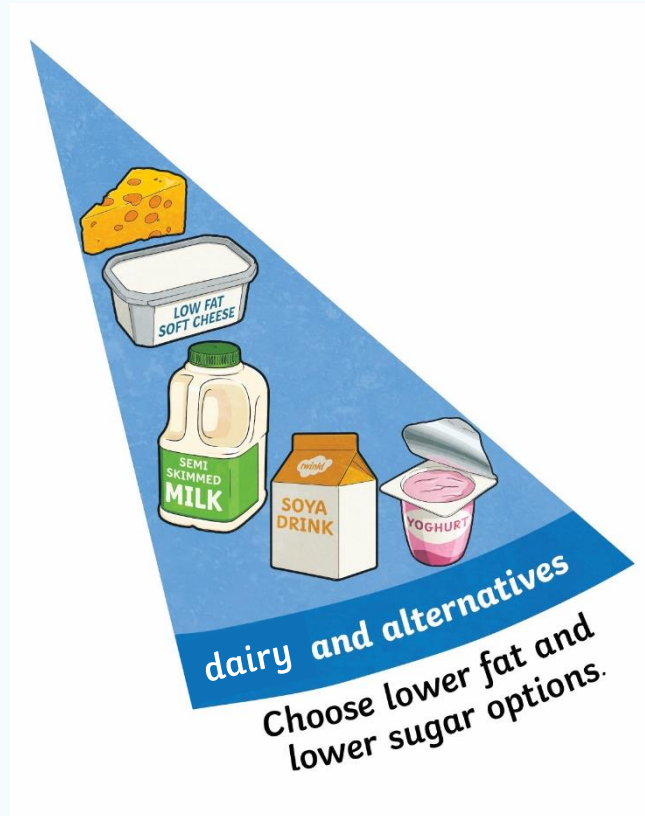
# Fruit and Vegetables



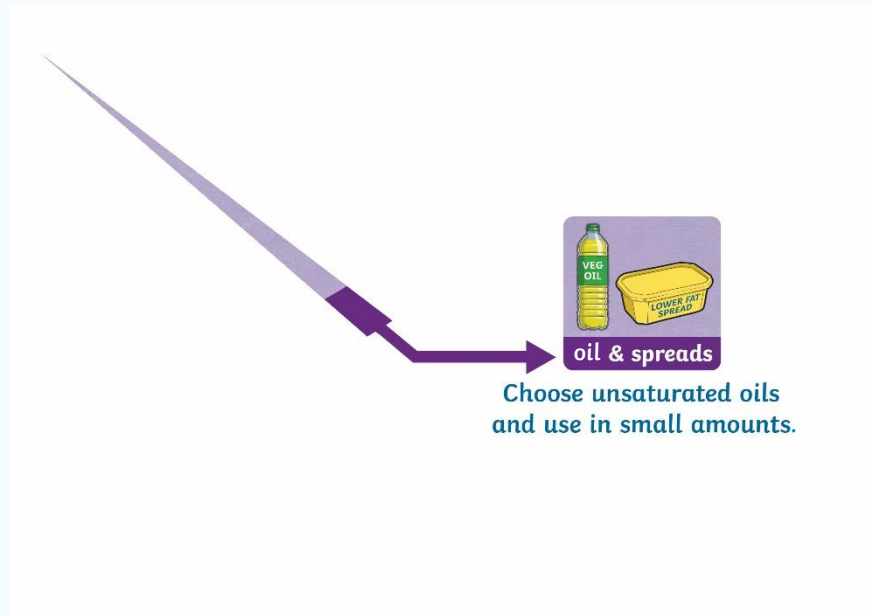
# Beans, Pulses, Fish, Meat and Other Proteins



# Dairy and Alternatives



# Oil and Spreads





# Water



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.**

**Your task is to prepare a meal for yourself. Make sure you ask permission first, and try to include a carbohydrate, at least one vegetable, and a protein. Maybe you could make a serving for someone else in your family too. You can share pictures of your meals on seesaw. Bon appetit!**

