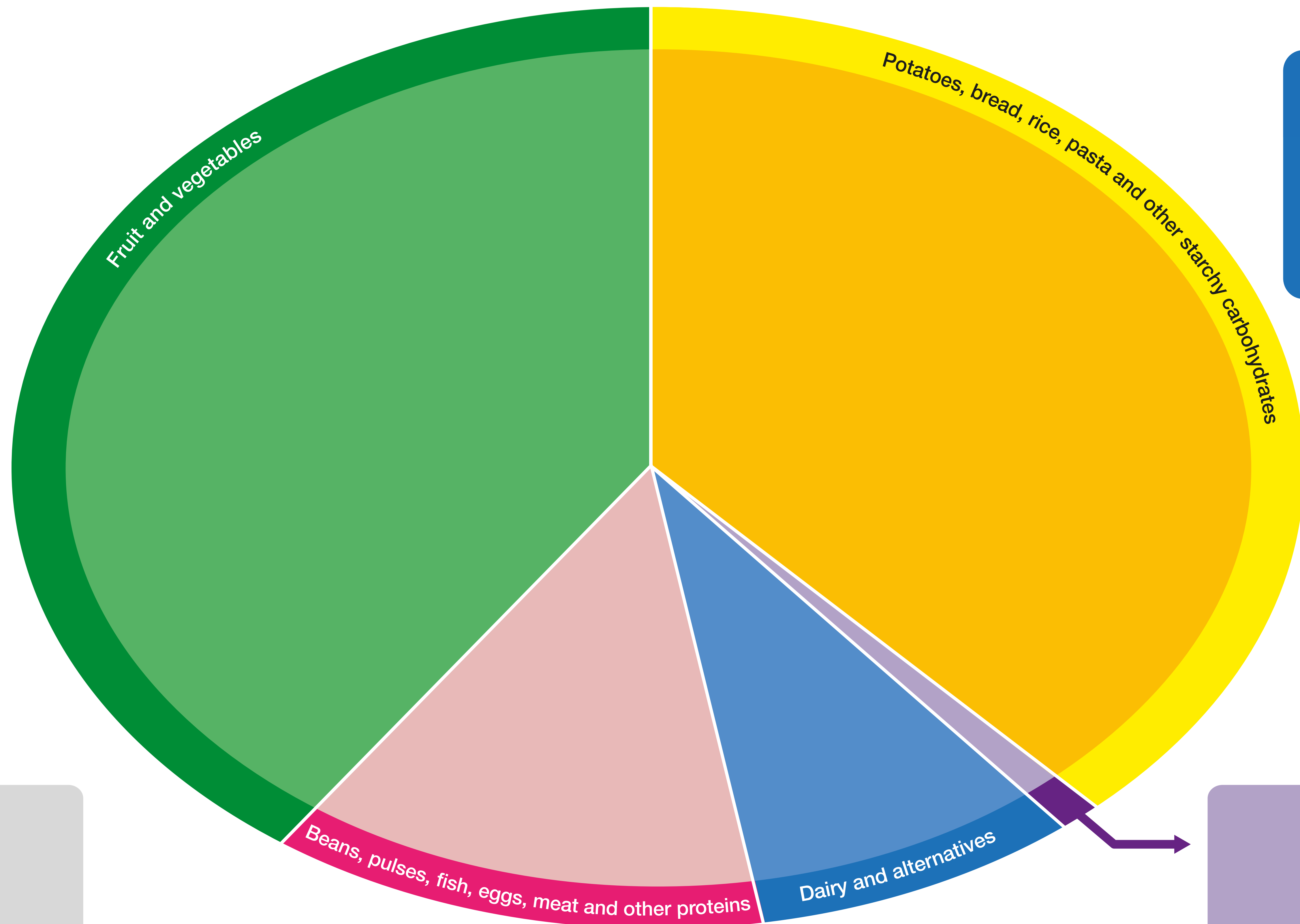


Eatwell Guide



Eat less often and
in small amounts

Oil & spreads

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

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



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



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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

Vegan 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

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



Walnuts
Ground linseed

Omega-3 fat

Vitamin D (autumn and winter minimum)
Vitamin B12
Iodine
Selenium



Vitamin and mineral checklist

Good nutritional planning is about balancing food groups well and using fortified foods and supplementation wisely. Use the Vegan Eatwell Guide to help you get all the nutrients you need without animal products.

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



FORTIFIED!

Choose lower fat and lower sugar dairy alternatives



Calcium-rich foods

6-8
a day

Water, sugar-free tea and coffee, and plain/unsweetened milk alternatives all count. Limit fruit juice and smoothies to a total of 150ml a day.



Choose unsaturated oils and use in small amounts

Additional Information

Healthy eating tips

- Aim to eat at least five portions of fruit and vegetables daily. A portion is around 80g.
- Eat starchy carbohydrates at mealtimes. Choose wholegrain varieties.
- Eat a variety of protein-rich plant foods. Include them in most meals.
- Eat at least two portions of calcium-rich foods daily: 200ml fortified milk alternative: 200g fortified soya yoghurt alternative, 70g calcium-set tofu (uncooked weight) or two slices of soya and linseed bread fortified with extra calcium are examples of one portion.
- Eat walnuts or seeds rich in omega-3 fat daily. Choose highly unsaturated dairy-free spread and oils, like vegetable (rapeseed) or olive oils, and use in small amounts.
- Stay hydrated by drinking six to eight glasses of fluid daily, including water, sugar-free tea and coffee, and plain/unsweetened milk alternatives. Limit fruit juice and smoothies to a total of 150ml a day.
- Limit foods with added fat, sugar and salt.

Sustainability tips

- Choose local and seasonal produce when possible.
- Plan food shops and buy frozen and tinned fruit and vegetables if this helps you to reduce food waste.
- Try to buy unpackaged food, or buy in bulk using recyclable, biodegradable or reusable packaging.
- Limit especially perishable fruit and vegetables and those that are pre-prepared, chopped or trimmed, e.g. salad bags or cut pineapple.
- Limit air-freighted fruit and vegetables, e.g. green beans from Africa or berries from the USA.

Nutrients that deserve special attention

Vitamin D supplementation:

- 10mcg daily
- Take during autumn and winter as a minimum
- D3 from lichen or D2 are animal-free options

Vitamin B12 options:

- Daily supplementation (at least 10mcg)
- OR weekly supplementation (at least 2000mcg)
- OR fortified foods – at least twice a day adding up to at least 3mcg

Daily iodine options:

- Supplement (140mcg)
- OR around 500ml milk alternative with added iodine
- OR one and a half to two sheets (4g) of nori

Daily selenium option:

- Supplement (60 or 75mcg)

Further information

Although the Vegan Eatwell Guide applies to people aged five years and above, some of the information here is specific to adults. For further information, including guides for every stage of life, check out vegansociety.com/nutrition and the VNutrition app.

These are general guidelines about nutrition. If you have concerns about your diet, please talk to your doctor about seeing a dietitian. Discussing the use of supplements with a health professional will help to ensure that they are suitable for you. Published 02/2020 and to be reviewed 02/2023.

Vegetarian Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

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



Vegetarian proteins: beans, pulses, eggs, nuts etc.
Eat a wide variety of vegetarian proteins including plenty of beans and pulses. Choose vegetarian meat-alternatives lower in fat and salt



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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

The Eatwell Guide Quiz

1. How much fibre are adults recommended to consume per day?

10 grams

19 grams

25 grams

30 grams

2. Which one of the following food groups is not essential for health?

Oil and spreads

Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

3. True or false? People with type 2 diabetes should not follow the Eatwell Guide as they require special diets.

True

False

4. How many portions of fish is it recommended that we all consume per week?

0 portions

1 portion

2 portions, one of which is oily

At least 4 portions, of which 2 are oily

5. Which of the following counts as 1 of your 5-A-DAY?

Strawberry Jam

Fruit/vegetable juice or smoothies (150ml)

Potatoes

All of the above

6. How much fluid should you aim to consume per day?

1-3 glasses

4-6 glasses

6-8 glasses

As much as you can

7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?

As they are high in free sugars

As they are high in vitamin C

Because only water counts towards your fluid intake

As they never count towards your 5-A-DAY

8. Which of the following would help increase your fibre intake?

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above

9. True or false? Children under 2 should not drink low fat milk.

True

False

10. Why is butter not included in the 'Oil and spreads' section of the Eatwell Guide?

As it is low in saturated fat

As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten

The Eatwell Guide answers

1. How much fibre are adults recommended to consume per day?

10 grams

19 grams

25 grams

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Oil and spreads

Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

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As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten

Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

One portion is

Brown roll
One small



Cooked pasta
Two tablespoons or...



Uncooked pasta
One handful



Pitta bread (brown)
Half



Rice
Two heaped tablespoons



Rice cakes
Three



Weetabix
One



Oven chips
Nine



Potato
One fist-size



Egg noodles
Half a pack



Brown bread or toast
One slice of medium sliced



Crackers
Three



Wrap
Half a wrap



Plantain
One



Crumpet
One whole



Baguette
Length of a hand



English muffin
Half a muffin



Bagel
Half a bagel



Granola
One tablespoon



Muesli
Two tablespoons



Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

One portion is

Mash potato

Three tablespoons



Cornflakes

Three tablespoons



Oats (porridge)

Three tablespoons / 27g uncooked



Spaghetti

One handful



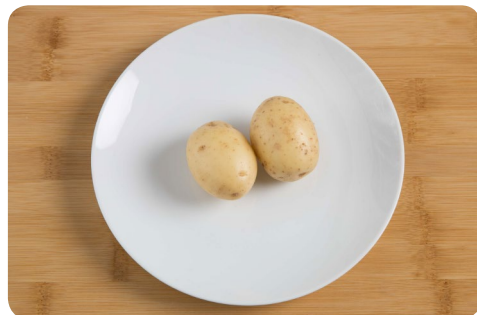
Crispbreads

Two crispbreads



Potatoes

Two egg-sized



Couscous

Two tablespoons



Look at your plate size



Using larger plates can make a serving of food appear smaller, encouraging us to fill our plates and eat more than we need.

Dairy foods and alternatives

Three portions a day for men and women

One portion is

Cheese (preferably low-fat)
(Brie, Camembert, Edam)
One index finger (l), fingertip (h)*



Reduced-fat or low-fat cream cheese varieties
Two tablespoons



Cream cheese
One tablespoon



Cottage cheese
Three heaped tablespoons



Milk
(semi-skimmed or skimmed)
One small glass (200ml)



Alternative milks
(Soya, nut, rice milks)
One small glass (200ml)



Low-fat natural yogurt
One small pot 150g



Natural yogurt
Three tablespoons



* length (l) and height (h)

This group doesn't include butter, margarine or cream.

If you don't drink milk or eat dairy foods, it's good to use a milk substitute like soya milk, with added calcium – go for the unsweetened versions.

The fat content varies a lot between foods in this group. Choose lower-fat versions when you can.

Swap cream for low-fat natural yogurt and increase your portion size

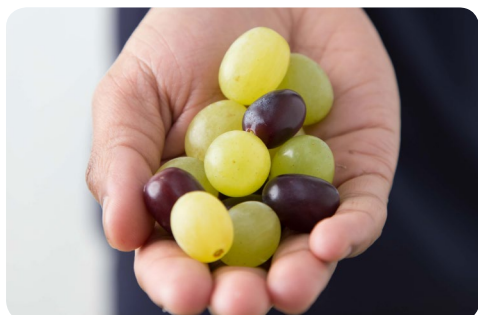


Fruit and vegetables

Five or more portions a day for men and women

One portion is

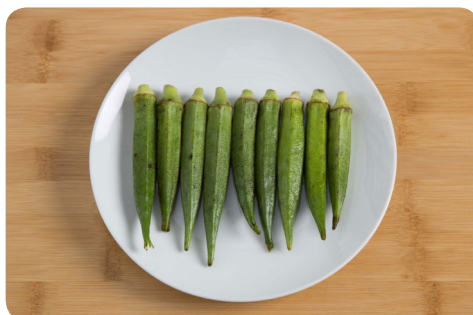
Grapes
One handful



Cherries
Nine



Okra
Nine



Pear
One whole



Root vegetables
(such as carrots, swede, beetroot)
Three heaped tablespoons



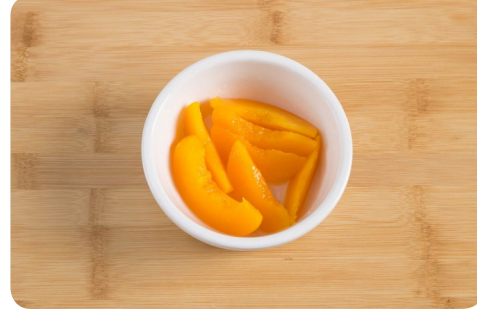
Peas
Three heaped tablespoons



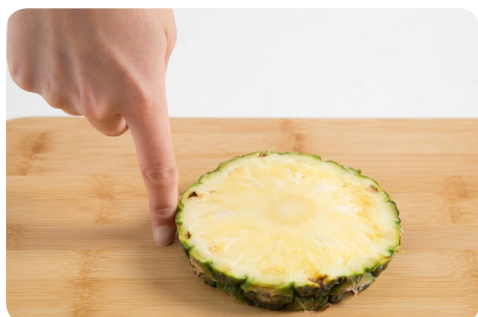
Plums
Two



Tinned fruit in natural juice
Three heaped tablespoons



Pineapple
One slice (fingertip thick)



Fruit juice
One small glass (150ml)
(no more than one a day)



Grapefruit
Half



Salad
Two heaped handfuls or 80g



Broccoli
Eight florets



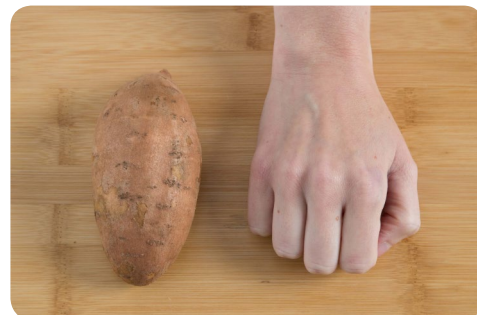
Button mushrooms
14



Sweet corn
Three heaped tablespoons



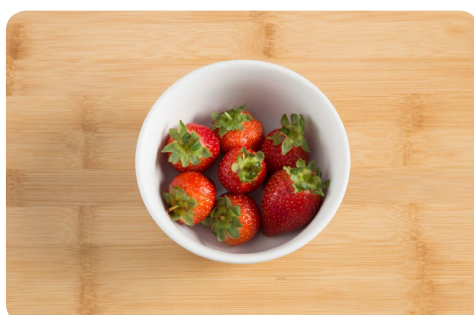
Sweet potato
One fist-size



Kiwi
Two



Strawberries
Seven



Banana
One



Nectarine
One

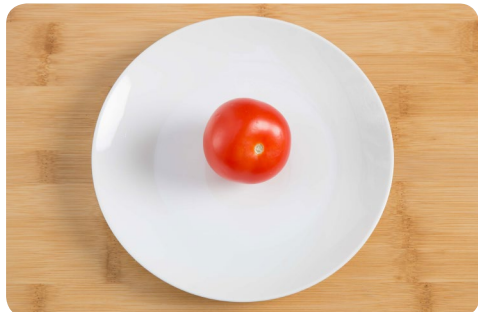


Fruit and vegetables

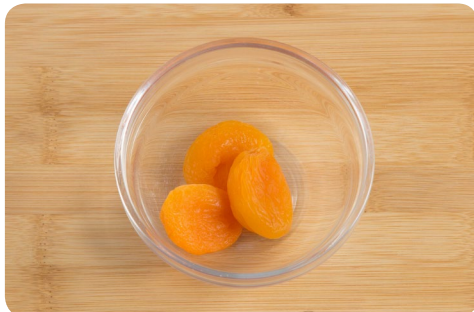
Five or more portions a day for men and women

One portion is

Tomato
One whole



Dried fruit
One heaped tablespoon



Apple
One whole



One portion of beans and pulses
(count as one of your five a day)
Three tablespoons



Potatoes, yams and plantain don't count towards your five a day.

Fruit juice and/or smoothies are high in free sugars so should be limited to no more than a combined total of 150ml.

Dried fruits are quite concentrated in calories. Keep to only one portion a day.

Avocado pears are high in calories. One portion is half an avocado.

Only one portion of beans and pulses count as a one of your 5 a day. Additional portions will be counted as part of your beans, pulses, fish eggs and other protein food group.

Small fruit portion = as many as you can fit into the palm of your hand

E.g. grapes, blueberries, blackberries, raspberries, strawberries, gooseberries

Medium fruit portion = two fruits

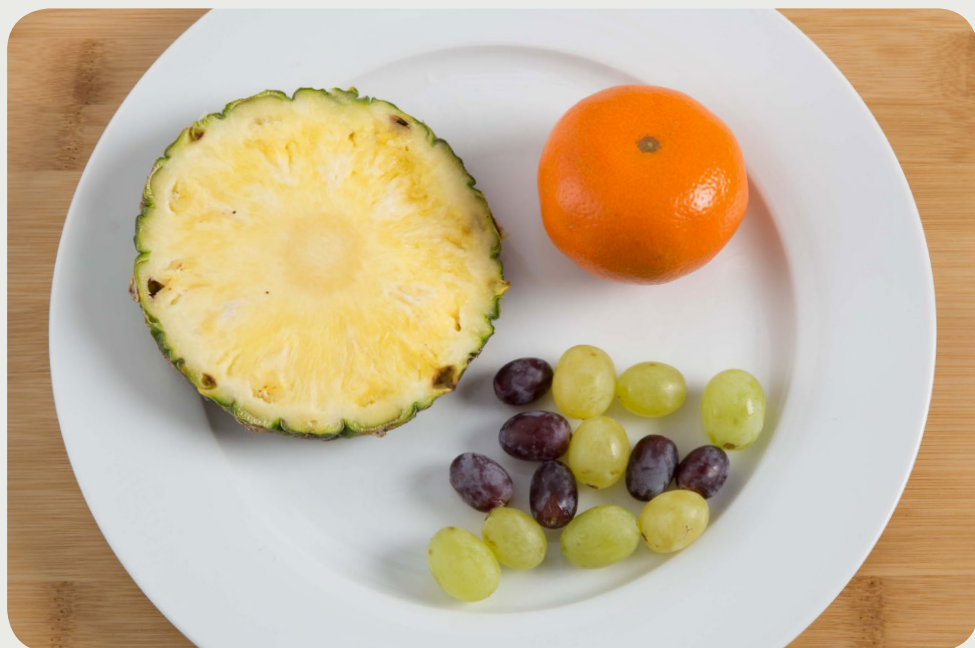
E.g. plums, satsumas, kiwi

Whole fresh fruit = one fruit

E.g. apple, pear, orange, banana

Large fruit portion = one slice a fingertip length thickness

E.g. pineapple, melon, grapefruit



Oils and spreads

One to two portions a day for men and women

One portion is

Mayonnaise/salad cream

One teaspoon



Low-fat mayonnaise or low-fat salad cream

Two teaspoons



Oil

One teaspoon



Butter

One teaspoon



Ghee

One teaspoon



Crème fraîche

Two teaspoons

Low-fat crème fraîche

Six teaspoons or two tablespoons



Low-fat spread

Two teaspoons



Oils and fats you use for cooking, baking or spreading are often high in saturated fat and calories, so you should only eat a small amount.

Try to choose unsaturated fats like olive oil or rapeseed oil, and eat less saturated fats like butter or ghee.

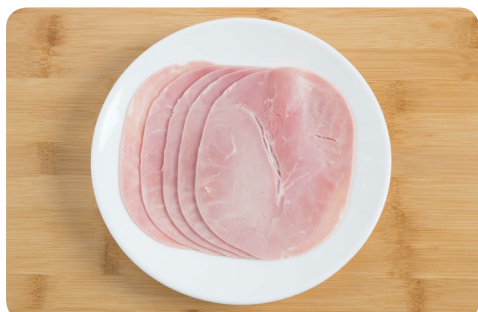
One tablespoon of oil is enough to use between four people.

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

Three portions a day for men, two portions a day for women

One portion is

Cut ham
Five slices



Fish fingers
Three



Peanut butter
Two teaspoons



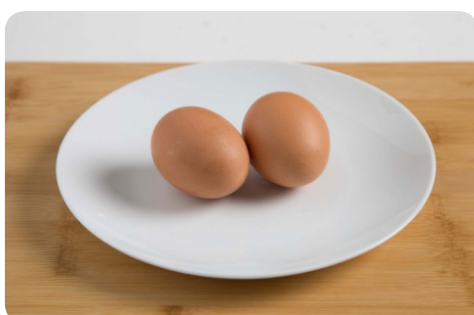
Oily fish
One palm-size



Tofu
One palm-size



Eggs
Two



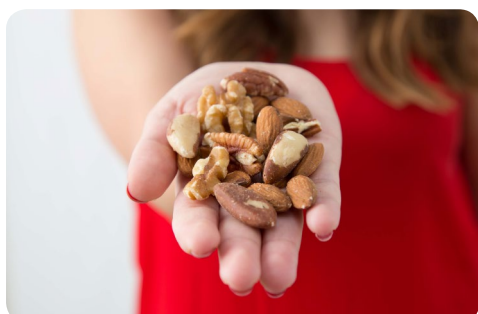
White fish
One palm-size



Baked beans in tomato sauce
(low sugar and low salt if possible)
Half a 400g tin / One 200g tin



Unsalted nuts
One handful



Beans (kidney, chickpea)
Three heaped tablespoons



Tinned tuna
Half a large tin/one whole small
tin 160g



Cooked chicken
(without skin and visible fat removed)
One palm-size



Mince full-fat
Four level tablespoons



5% reduced-fat mince
Eight level tablespoons



Quorn mince
10 level tablespoons



Seeds
One heaped tablespoon



Pork sausages full-fat
One and a quarter



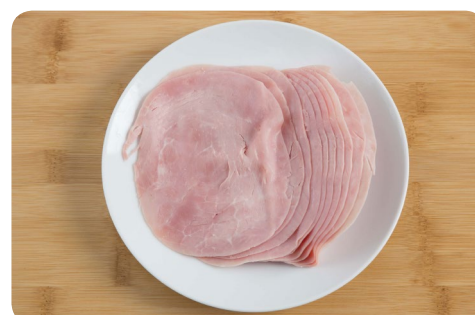
Reduced-fat pork sausage
Two



Quorn sausage
Two and a half



Wafer thin ham
11 slices



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

Three portions a day for men, two portions a day for women

Some protein foods may be high in fat.

Choosing lower-fat alternatives will help you get enough protein without the extra fat and calories.

Choose lean cuts of meat, remove visible fat and skin on poultry and limit how often you eat processed meat such as burgers and sausages.

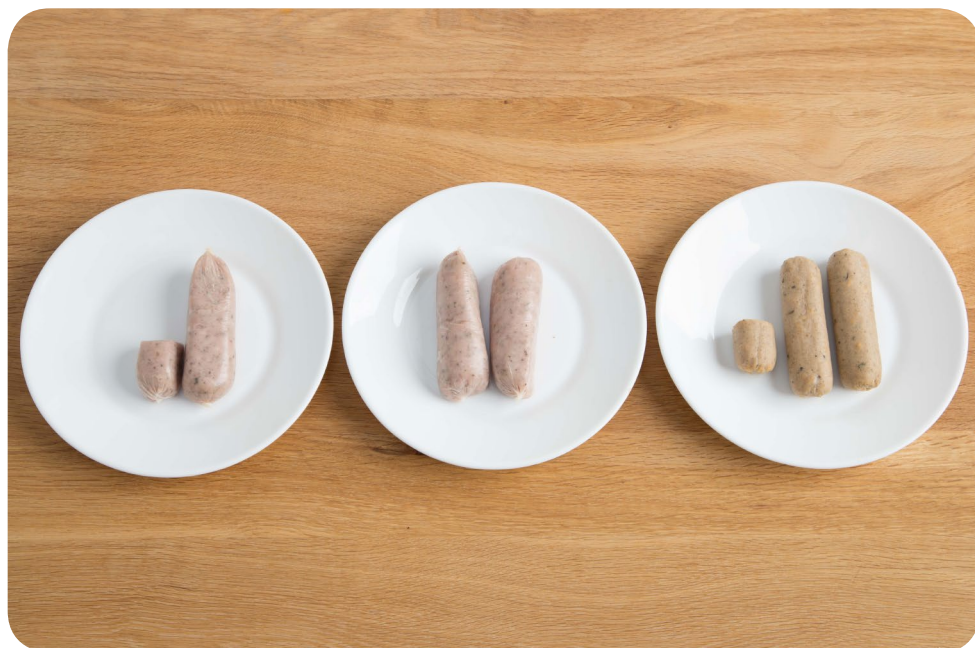
Try having fish, eggs, Quorn, beans a few times a week.

Cook without adding fat – bake, steam, grill, poach or microwave.

Increase your portion size by choosing reduced-fat options



From left to right: one portion of full-fat mince, one portion of 5% reduced-fat mince, one portion of Quorn



From left to right: one portion of full-fat sausages, one portion of reduced-fat sausages, one portion of Quorn sausages

FOOD GROUP PORTIONS

Fruit and vegetables

A portion is 80g or any of these:

- 1 apple, banana, pear, orange or other similar-size fruit;
- 3 heaped tablespoons of vegetables;
- a dessert bowl of salad;
- 30g of dried fruit
(counts as a maximum of one portion a day);
- 150ml glass of fruit juice or smoothie
(counts as a maximum of one portion a day).

Potatoes, bread, rice, pasta and other starchy carbohydrates

Base your meals around starchy carbohydrate foods:

- start the day with a wholegrain breakfast cereal - choose one lower in salt and sugars;
- have a sandwich for lunch;
- round off the day with potatoes, pasta or rice as a base for your evening meal.

Protein

Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish. Most people should be eating more fish, but there are recommended limits for oily fish, crab and some types of white fish.*

***Please see**

www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx

Also www.msc.org/ for more guidance on sustainably sourced fish

If you eat more than 90g of red or processed meat per day, try to cut down to no more than 70g per day. The term processed meat includes sausages, bacon, cured meats and reformed meat products.

To cut down on fat:

- choose lean cuts of meat and go for leaner mince;
- cut the fat off of meat and the skin off of chicken;
- try to grill meat and fish instead of frying;
- have a boiled or poached egg instead of fried.

Dairy and alternatives

Go for lower fat and lower sugar products where possible. For example, try:

- 1% fat milk which contains about half the fat of semi-skimmed milk without a noticeable change in taste or texture;
- reduced fat cheese which is also widely available;
- have a smaller amount of the full-fat varieties less often;
- going for unsweetened, calcium-fortified versions when buying dairy alternatives.