

Food I Spy

Go on a food treasure hunt around your house, try to list the foods you find in the correct category of the Eatwell Guide.

(Remember 'Other Foods' are things we should eat less often and in small amounts like chocolate and crisps.)

Fruit & Vegetables	Carbohydrates	Proteins, Beans & Pulses	Dairy & alternatives	Oils & Spreads	Other Foods

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	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.

6-8
a day

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

Frozen peas

Raisins

Chopped tomatoes

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

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

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

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat yoghurt

Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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

Vegetarian 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 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.

6-8
a day

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

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

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

Choose lower fat and lower sugar options

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



Eat less often and in small amounts



Potatoes



Whole grain cereal

Cous Cous



Porridge



Whole wheat pasta



Rice



Spaghetti



Low fat soft cheese



Semi-skimmed milk



Soya drink



Plain low fat yoghurt



Oil & spreads

Choose unsaturated oils and use 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

Fruit and vegetables



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.

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



FORTIFIED!

Calcium-rich foods
Choose lower fat and lower sugar dairy alternatives



Choose unsaturated oils and use in small amounts

The Plant-Based Eatwell Guide



Check the label on packaged foods

Each serving (350g) contains

Energy 1040kJ 250kcal	Fat 3.0g	Carbohydrate 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
13%	4%	7%	30%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

This is a plant-based adaptation of Public Health England's Eatwell guide (2016). It aims to help you transition to a healthy and sustainable diet. It shows food groups in the proportions that they should contribute to the overall diet.



6-8
a day

Water, plant-milks and drinks without sugar 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



Herbs, spices and fermented foods



Adds flavour and provides antioxidants and probiotics and are often anti-inflammatory

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

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, nuts, seeds and plant protein

Eat beans, peas and lentils, include 2 tps of ground flaxseed or chia seeds for essential omega 3 fats. Eat less substitute meat



Plant-based dairy alternatives

Choose unsweetened, calcium and vitamin D fortified versions

Choose unsaturated oils and use in small amounts



Unhealthy products



Salt, sugar & fat

Eat less often and only small amounts