

Understanding Food Labels

Each grilled burger (94g) contains

Energy 924kJ 220 kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 966kJ / 230kcal

Colour coded labels make it easy to see at a glance how high or low food is in fat, saturates, sugars and salt.

Red = high

Amber = medium

Green = low

This means that the more green there is on the label the healthier the food is. Also check serving sizes, what % is it of your daily intake and the ingredients list (arranged in weight order).

Average Portion Sizes

Women = 2000 calories & men = 2500 calories per day

Protein

Meat, fish, chicken 100g
Lentils/pulses 80g (cooked)
2 eggs
Nuts /seeds 25g

Carbohydrates

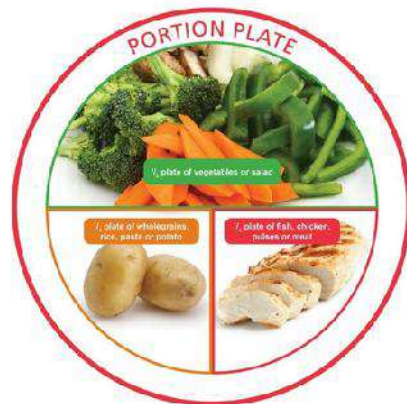
Rice, couscous 60g (uncooked)
Potatoes 170g
Pasta 70g (uncooked)

Fruit & Vegetables

Fresh fruit 80g
Dried fruit 30g

Fats, Oils & Butter

10ml approx.



Your Eat Well Guide

www.wellbeingexeter.org.uk
www.nhs.uk/live-well/eat-well

Eat The Rainbow



Red

Peppers, tomatoes, apples, cherries, strawberries, raspberries, watermelon - decreases risk of diabetes, improves skin quality and heart health



Orange/Yellow

Oranges, lemons, grapefruit, pineapple, papayas, carrots, sweet potatoes, bananas - contains vitamin C which promotes vision, cell growth, improving immune function



Green

Spinach, kale, broccoli, sprouts, cabbage, asparagus, avocado - boost immune system, detoxify the body and restore energy



Blue/Purple

Blueberries, blackberries, grapes, aubergine, plums, prunes, figs - repair damage and reduce inflammation



Brown/White

Cauliflower, garlic, onions, mushrooms, potatoes, parsnips - helps to keep bones strong, reduce the risk of cancer

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

Fruit and vegetables



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

Potatoes, bread, rice, pasta and other starchy carbohydrates



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



Eat less often and in small amounts

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