

**Swap  
WHEN YOU  
COOK**

**Swap  
WHEN YOU  
SHOP**

**Swap  
WHEN YOU  
SNACK**



# Eatwell Guide: English

## Eatwell Guide: English

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	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.



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



Foods high in fat, salt and sugars

Eat less often and in small amounts

GLORIOUS NUTRITION



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

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

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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



**Swap  
WHEN YOU  
COOK**

**Swap  
WHEN YOU  
SHOP**

**Swap  
WHEN YOU  
SNACK**



# Eatwell Guide: Poland

## Eatwell Guide: Poland

Poland, officially the Republic of Poland, is a country located in Central Europe

### Common dietary trends

- High in protein
- Frying is common
- Sugar and salt often used in cooking
- Frequent use of processed food



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.

Check the label on packaged foods

Each serving (150g) contains

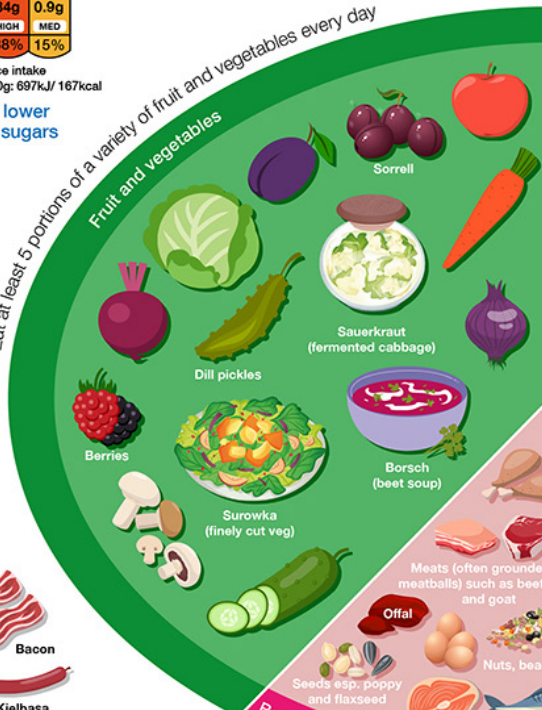
Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

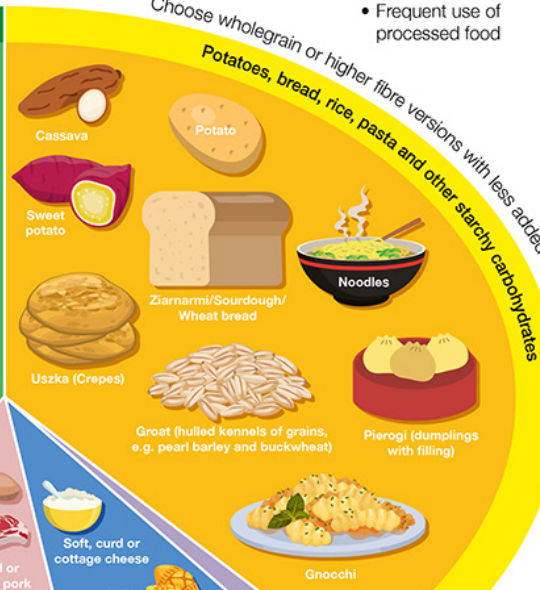
Choose foods lower in fat, salt and sugars

Eat at least 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



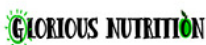
Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils, e.g. olive oil, and use in small amounts



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

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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



**Swap  
WHEN YOU  
Cook**

**Swap  
WHEN YOU  
Shop**

**Swap  
WHEN YOU  
Snack**



# Eatwell Guide: Bengali

## Eatwell Guide: Bengali

Bangladesh is located in South Asia and is bordered by India from three sides, Burma from the southeast corner and the Bay of Bengal from the south

### Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Salt can be frequently used in cooking
- High intake of fibre



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.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	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 5 portions of a variety of fruit and vegetables every day



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

Choose lower fat and lower sugar options

Avoid cream and ghee. Instead choose unsaturated oils, e.g. olive oil, and use in small amounts



Other fried snacks such as Handesh, Nimki and My Fuska

Eat less often and in small amounts

GLORIOUS NUTRITION



Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

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

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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



**Swap  
WHEN YOU  
Cook**

**Swap  
WHEN YOU  
Shop**

**Swap  
WHEN YOU  
Snack**



# Eatwell Guide: South Asian

## Eatwell Guide: South Asian

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

- Common dietary trends**
- High intake of fruits and vegetables
  - Frying is common
  - Salt can be frequently used in cooking
  - High intake of fibre



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.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW 4%	LOW 7%	HIGH 38%	MED 15%

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

Choose foods lower in fat, salt and sugars



Foods high in fat, salt and sugars  
Eat less often and in small amounts



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

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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



**Swap  
WHEN YOU  
COOK**

**Swap  
WHEN YOU  
SHOP**

**Swap  
WHEN YOU  
SNACK**



# Eatwell Guide: African Caribbean

## Eatwell Guide: African Caribbean

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

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	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

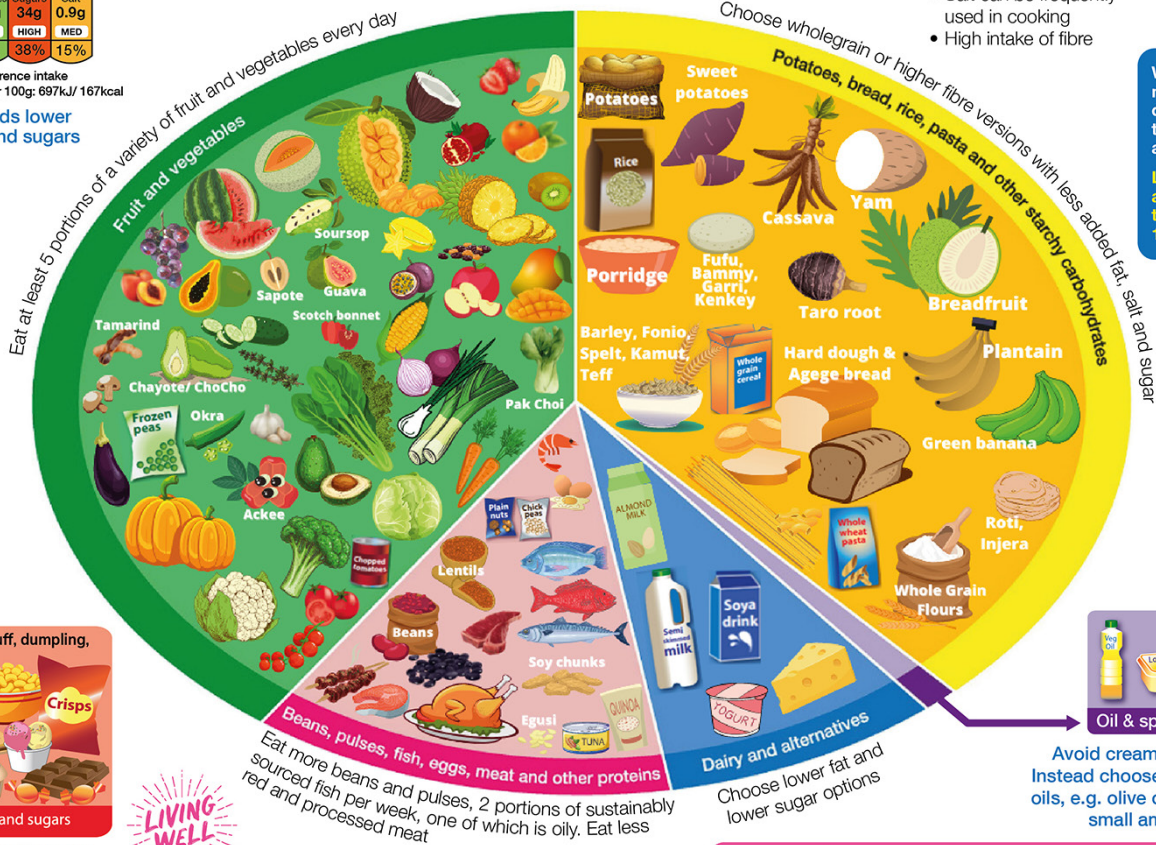
Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Salt can be frequently used in cooking
- High intake of fibre



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.



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

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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



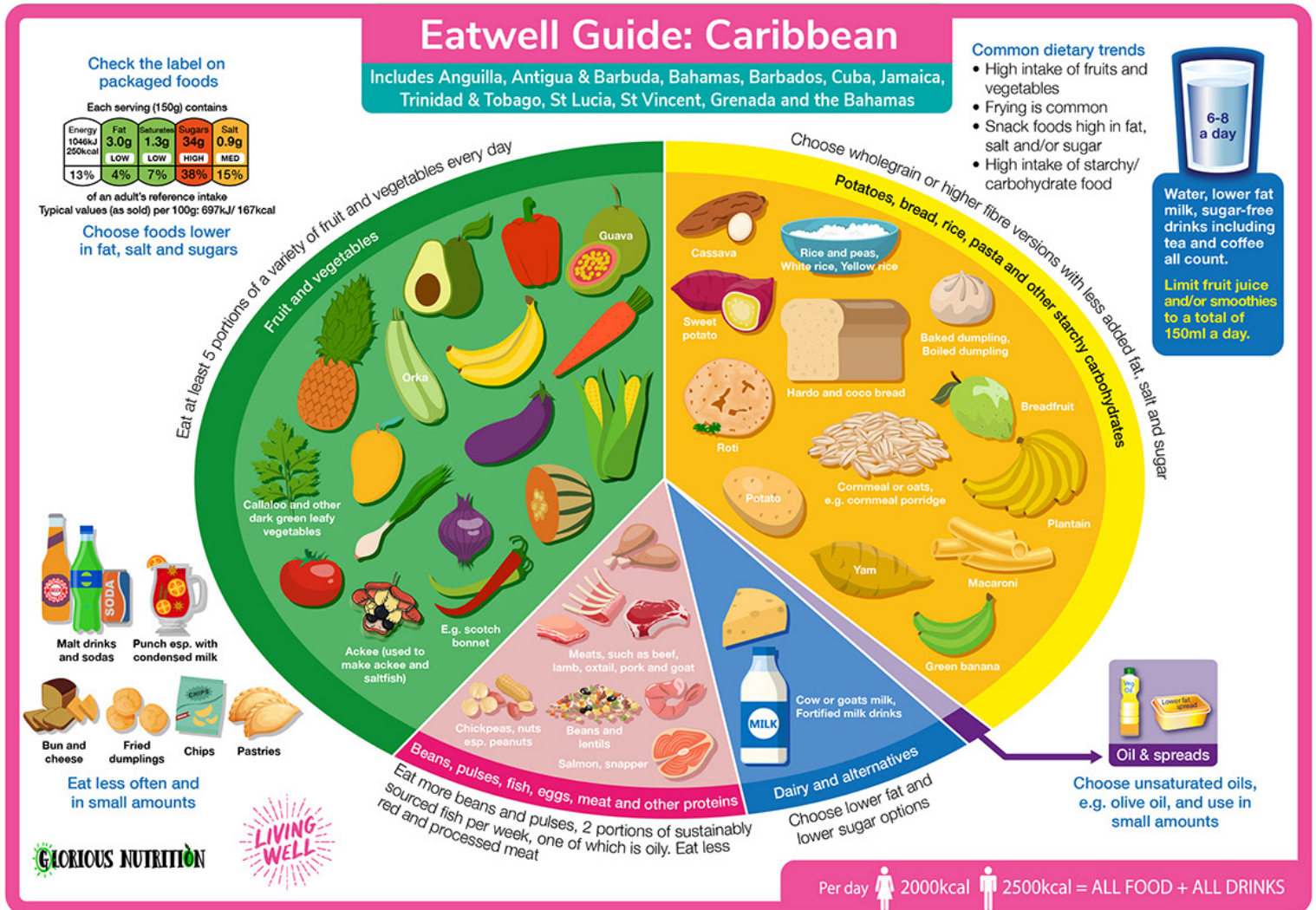
**Swap  
WHEN YOU  
Cook**

**Swap  
WHEN YOU  
Shop**

**Swap  
WHEN YOU  
Snack**



# Eatwell Guide: Caribbean



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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



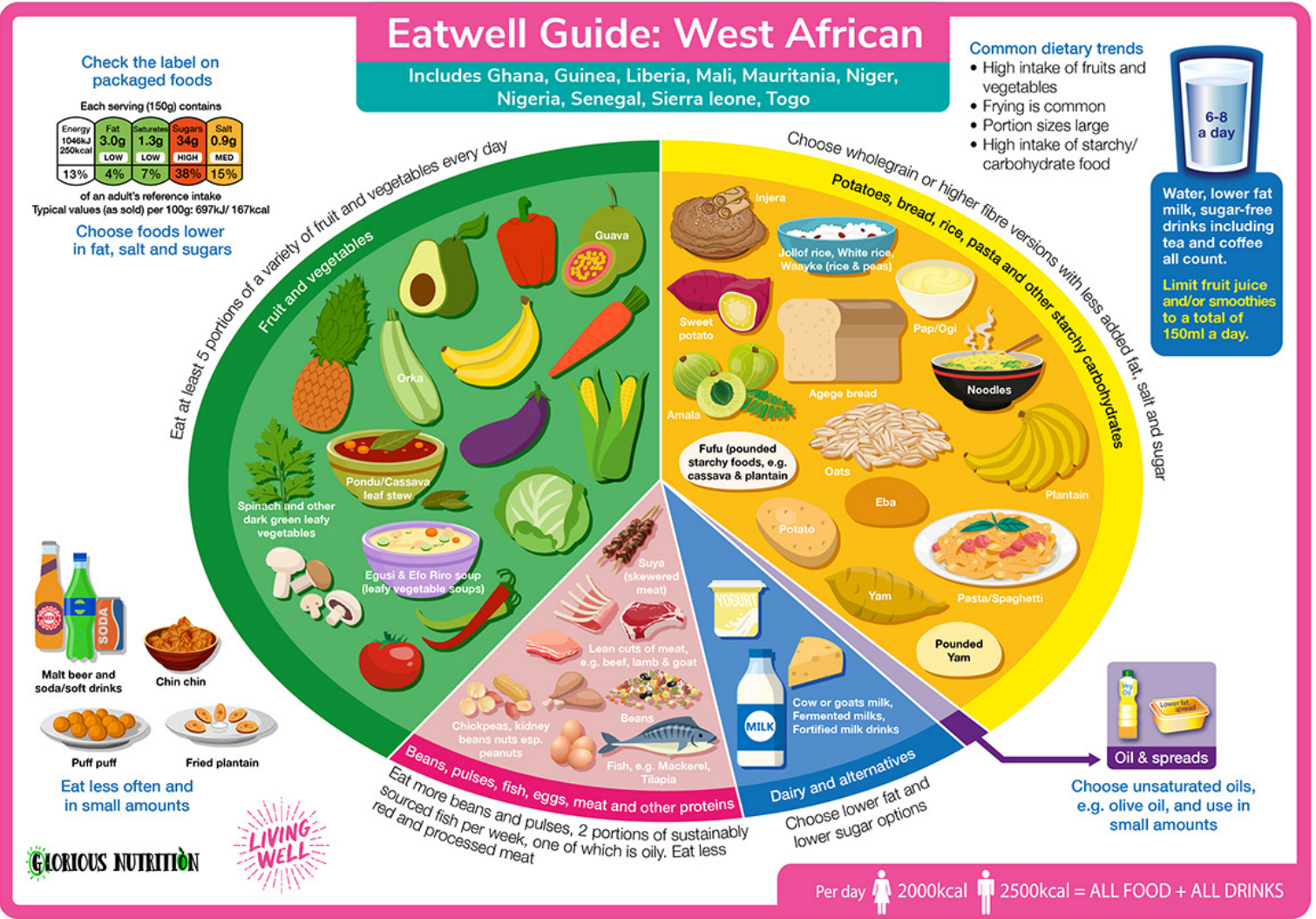
**Swap  
WHEN YOU  
Cook**

**Swap  
WHEN YOU  
Shop**

**Swap  
WHEN YOU  
Snack**



# Eatwell Guide: West African



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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind



**Swap  
WHEN YOU  
Cook**

**Swap  
WHEN YOU  
Shop**

**Swap  
WHEN YOU  
Snack**



# Eatwell Guide: East African

## Eatwell Guide: East African

Includes Tanzania, Kenya, Uganda, Rwanda, Burundi and South Sudan, Ethiopia and Somalia

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	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

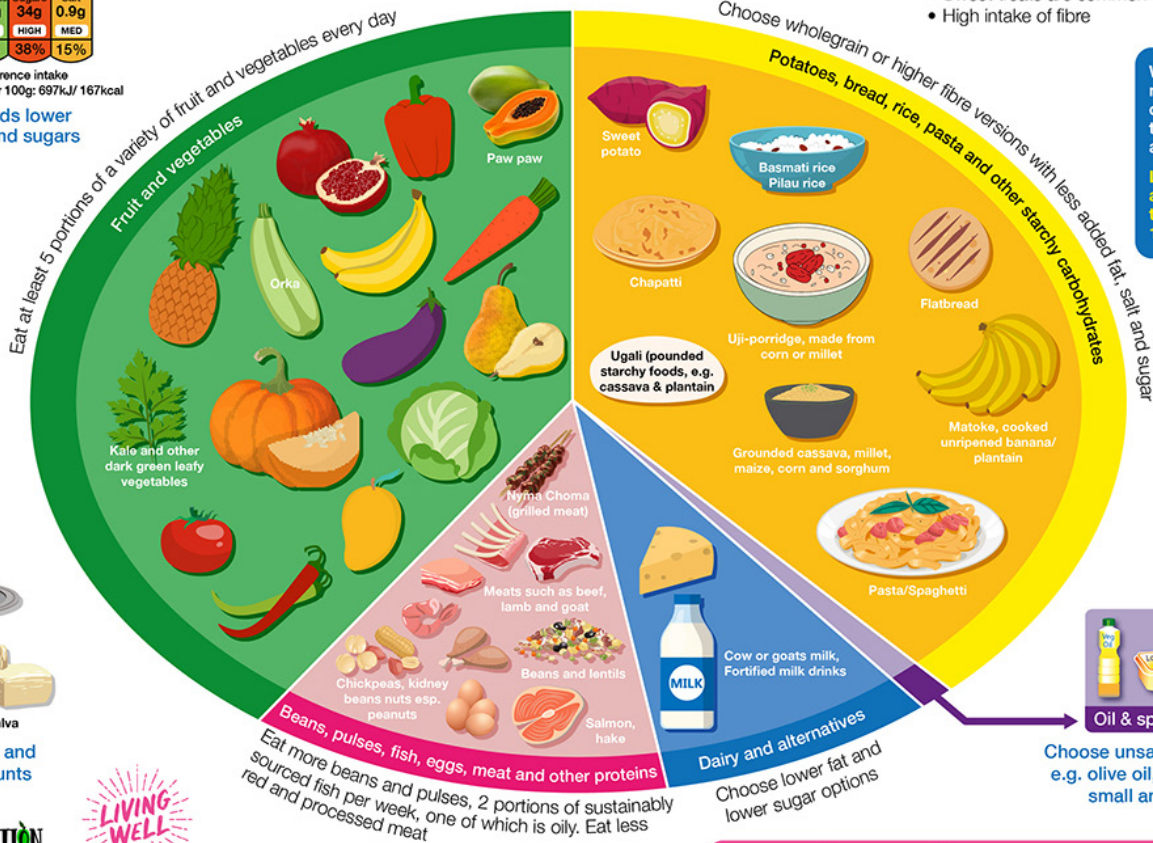
Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Sweet treats are common
- High intake of fibre



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.



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

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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy or dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

**mylivingwell.co.uk**

Good for your body - Good for your mind





**Swap  
WHEN YOU  
Cook**

**Swap  
WHEN YOU  
Shop**

**Swap  
WHEN YOU  
Snack**



# Eatwell Guide: Plant-Based



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.

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; use wholegrain versions where possible.
- Have some dairy alternatives (such as soya drinks) and choose lower fat and lower sugar options.
- Eat some beans, pulses, other proteins. Include one tablespoon of chia seeds or ground flaxseed for essential omega-3 fats.
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of water, or lower fat milk, or sugar-free drinks or tea and coffee each day.
- If eating foods and drinks that are high in fat, salt or sugar, have these less often and in small amounts.

# mylivingwell.co.uk

Good for your body - Good for your mind

