

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

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

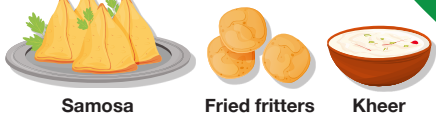
Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Luchi Bangladeshi sweets



Samosa Fried fritters Kheer

Other fried snacks such as Handesh, Nimki and My Fuska

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



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



Dairy and alternatives
Choose lower fat and lower sugar options



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.



Oil & spreads

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

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