

Eatwell Guide: South Asian

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

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.



Foods high in fat, salt and sugars

Eat less often and in small amounts



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