## **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

Water, lower fat milk, sugar-free drinks including

Limit fruit juice and/or smoothies

1046kJ 13%

Check the label on

packaged foods

Each serving (150g) contains

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

> Choose foods lower in fat, salt and sugars

shows in sho

Choose Wholegrain or higher fibre versions with less and sugar Chapatti Cha **Sweet Potato** Dosa

Taro Root

Semolina Soya drink milk Paneer Besan (Ground Eat man, pulses, fish, eggs, meat and other proteins Dairy and alternatives Choose lower fat and

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

Oil & spreads

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

Foods high in fat, salt and sugars

Eat less often and in small amounts



lower sugar options

