



# The Eatwell Guide

**The new UK healthy eating model**

# The Eatwell Guide

The healthy eating model for the UK is called the **Eatwell Guide**.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Key messaging

- Choose a **variety** of different foods from each food group to help the body get every thing it needs to stay healthy.
- Eat foods in the **proportions** shown on the Eatwell Guide, e.g. lots of foods from the largest two food groups.



## Fruit and vegetables

- Fruit and vegetables should make up just over a third of the food we eat each day.
- Aim to eat at least five portions of a variety of fruit and vegetables each day.
- As a guide, a portion is what fits into the palm of our hand.
- Choose from fresh, frozen, canned, dried or juiced.

**Remember, 150ml glass of fruit juice or smoothie counts as a maximum of one portion a day.**

**What foods can you see here?**



# Potatoes, bread, rice, pasta and other starchy carbohydrates

- Starchy food should make up just over a third of the food we eat.
- Base your meals around starchy carbohydrate foods:
  - have wholegrain breakfast cereal;
  - have a sandwich for lunch;
  - have potatoes, pasta or rice as a base for your evening meal.



**Try to choose higher-fibre, wholegrain varieties such as wholewheat pasta, brown rice, or simply leave the skins on potatoes.**

**What foods can you see here?**



## Beans, pulses, fish, eggs, meat and other proteins

- Eat some foods from this group.
- Beans, peas and lentils (pulses) are good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein and vitamins and minerals.
- Choose lean cuts of meat and cut off any visible fat.
- Grill meat and fish instead of frying.
- Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish.



What foods can you see here?



## Dairy and alternatives

- Have some milk and dairy food (or dairy alternatives) such as cheese, yoghurt and fromage frais.
- These are good sources of protein and vitamins, and they're also an important source of calcium, which helps to keep our bones strong.
- Go for lower fat and lower sugar options. For example, try:
  - semi-skimmed milk;
  - reduced fat cheese;
  - going for unsweetened, calcium-fortified versions of dairy alternatives.



What can you see here?



## Oils and spreads

- We only need a little fat for health (generally, we are eating too much saturated fat).
- Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.
- Choosing lower fat spreads is a good way to reduce saturated fat intake.



**Remember, all types of fat are high in energy and should be limited in the diet.**

**What foods can you see here?**

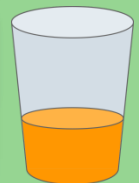


# Hydration

- Aim to drink 6-8 glasses of fluid every day.
- Water, lower fat milk and sugar-free drinks all count.
- Fruit juice and smoothies also count although they are a source of free sugars so you should limit them to no more than a total of 150ml per day.



What might be good drink choices?



## Foods high in fat, salt and sugars

- Foods like chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice-cream are not needed for health.
- If foods like these are eaten or drunk, it should only be occasionally and in small amounts.



**Check the label and avoid foods which are high in fat, salt and sugar!**

**What can you see here?**



# Key message summary



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; choosing wholegrain versions where possible.



Have some dairy or dairy alternatives (such as soya drinks); choosing 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 fluid a day.

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.



Public Health  
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### **Acknowledgment**

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