Eatwell Guide

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.

- **Fruit and vegetables**: Choose a variety of fruit and vegetables every day.
- **Wholegrain or higher fibre versions**: Choose wholegrain or higher fibre versions with less added fat, salt, and sugar.
- **Water**: Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and smoothies to a total of 150ml a day.
- **Eat less often and in small amounts**