The South Asian 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.

Check the label on packaged foods
Each serving (150g) contains

- Energy: 1046kJ/240kcal
- Fat: 3.0g
- Saturates: 1.3g
- Sugar: 3.4g
- Salt: 0.9g

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

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

Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

Fareeha Jay
AAP KI DIETITIAN

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

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