

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 250kcal | Fat 3.0g LOW | Saturated 1.3g LOW | Sugars 34g HIGH | Salt 0.9g 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

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and
in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Soybean

Soya Chunks

Daal

Besan (Ground Chickpeas)

Dairy and alternatives
Choose lower fat and lower sugar options

Semi skimmed milk

Soya drink

Paneer

Lassi

Low fat milk choco

Plant based yogurt

Oil & spreads

Choose unsaturated oils
and use in small amounts

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



Potato

Taro Root

Thepla

Chapati

Sweet Potato

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Whole Grain Flours

Dosa

Spaghetti

Poha

Semolina

Tapioca



6-8
a day

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.



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