



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
England



Acknowledgment

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