

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



Eat less often and
in small amounts

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



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.

Eat more beans, fish, eggs, meat and other proteins
sourced fish per week, 2 portions of sustainably
red and processed meat



Choose lower fat and
lower sugar options



Choose unsaturated oils
and use in small amounts



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