

# eatwell guide

Check the label on packaged foods



Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat should come from each food group.

Choose foods from the Eatwell Guide.



Choose water for all beverages, including tea and coffee, all day. Limit fruit juice (up to a total of 200ml a day).



Eat well from the other and to small amounts.



Choose unsaturated oils and eat in small amounts.

# Healthy Eating Guide Uk

**Rachel S Tattersall**



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