

**Year Group: 5**

**Eatwell Guide**

Check the label on packaged foods

Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
100	10	20	10
200	20	40	20
300	30	60	30
400	40	80	40
500	50	100	50

Each serving (100g) contains

of an adult's reference intake

Typical values for meat per 100g (200 kcal)

Choose foods lower in fat, salt and sugars

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.

Choose vegetables on higher floors (except with root vegetables like potatoes)

Wheat, lower fat milk, sugar-free drinks including tea and coffee, all count.

Limit full-fat dairy and/or alcohol to a total of 10 units a day.

Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

Per day 1000kcal 2000kcal ALL FOOD + ALL DRINKS