

Knowledge Organiser Eat Well Guide

The guide shows how much of what you eat overall should come from each food group. It is for everyone over the age of 2. It helps by showing us a healthy balance of food to eat.

We must drink 6 to 8 glasses of water a day.
Only have 150ml of fruit juice.

Fruit and Vegetables.

Vitamin C for healthy skin

Dietary Fibre for the gut

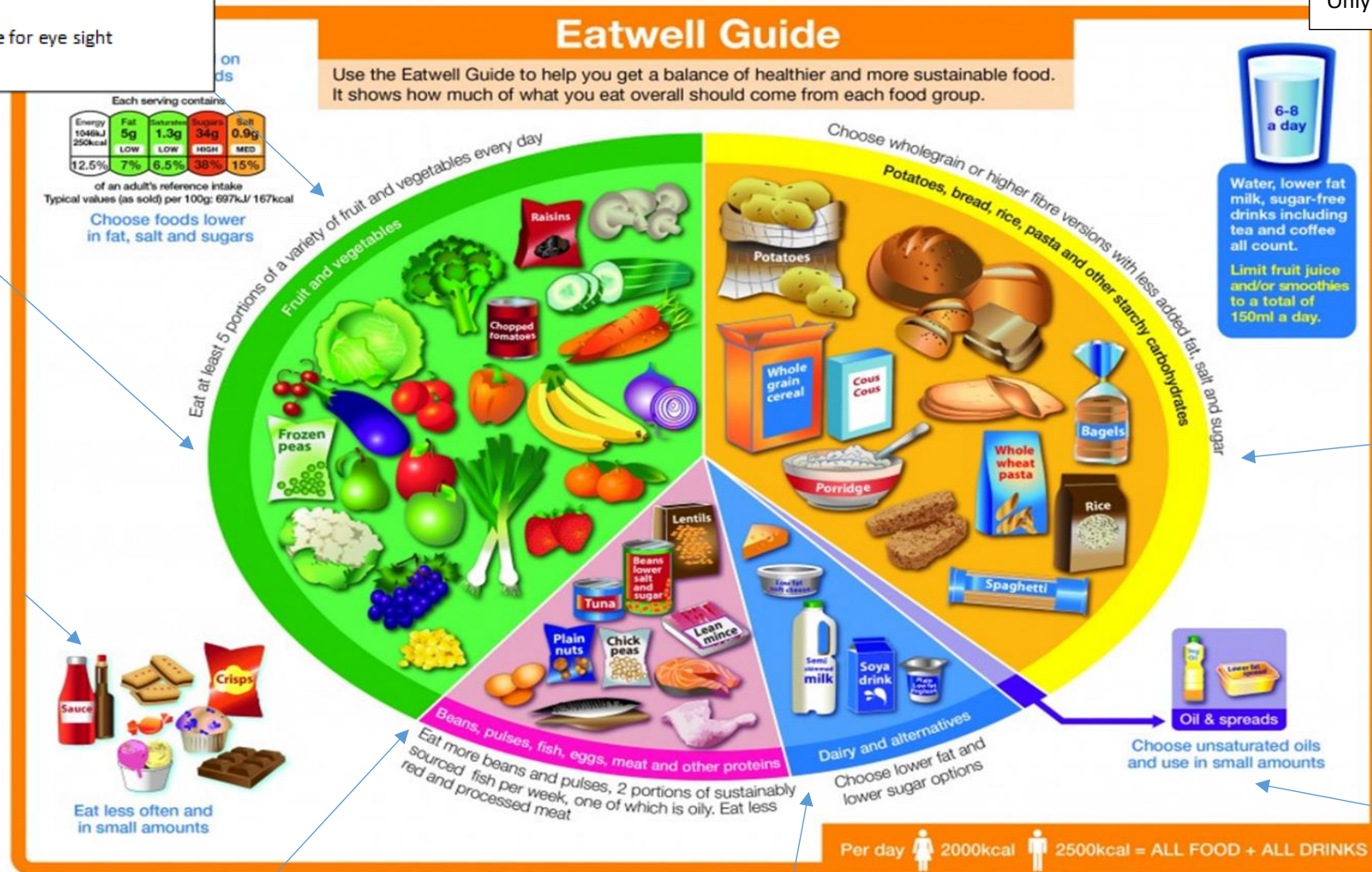
Minerals, iron and calcium

Carotene for eye sight

Have 5 portions of fruit and veg' every day.

These food are very good for us.

High fat and high sugar foods are not on the guide. We should eat them less often and in small amounts.



Potatoes, bread, rice and other starchy carbohydrates.
[Base meals on starchy carbohydrates]
Starchy carbohydrate needed for energy
Wholemeal ones give fibre
B Vitamins for energy release
(A little Protein (under 15%))

FIBRE is needed to keep our gut healthy and avoid constipation and cancer. Fibre also slows down the absorption of sugars.

Oils and spreads
Fats are a source of energy and protect and insulate your body

Beans, pulses, fish, meat and other proteins
Protein for growth and repair
Iron for healthy blood, to prevent anaemia.
B Vitamins for energy release
Fat for energy and omega 3 (fish) and 6 (nuts and seeds) essential fats

Diary and alternatives.
[2 portions a day for adults] Protein for growth and repair of cells
Fat for energy Calcium for strong bones and teeth
Vitamins A for eye sight Vitamin D for strong bones and teeth

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2016

8 tips for eating well

Enjoy a variety of foods using the Eatwell Guide to help you choose the right amounts from each group

1. Base your meals on starchy carbohydrates
Choose wholegrain high fibre varieties where possible

6. Get active and maintain a healthy weight

7. Keep hydrated and aim for 6-8 glasses of fluid each day

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

5. Eat less than 6g (around 1 teaspoon) of salt each day

8. Don't skip breakfast

3. Aim for at least two portions of sustainably sourced fish a week, one of which should be oily

4. Cut down on saturated fat and sugar

