



Healthy Eating

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

Why is it important to eat a balanced diet?

What does our body use food for?





Healthy Eating



Water is a healthy choice to keep you hydrated. We also get some fluids from the foods we eat.

People should aim to drink 6 to 8 cups or glasses of fluid a day.

TRUE OR FALSE

All fluids count towards your target daily water intake.

True

False

TRUE OR FALSE

Not drinking enough fluids can lead to dehydration.

True

False

TRUE OR FALSE

You can drink lots of sugary fizzy drinks everyday.

True

False



Healthy Eating

Nutrition information labels can help you choose between products and keep a check on the number of foods you're eating that are high in fat, salt and added sugars. You can use nutrition information labels to help you eat a balanced diet. There are different types of nutrition labels used, but all list key information about the food.



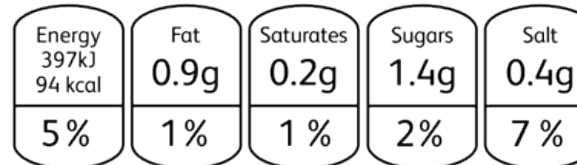
Nutrition Facts	
Serving Size 3 oz. (85g) Serving Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 15g	20 %
Saturated Fat 5g	28 %
Trans Fat 3g	
Cholesterol 30mg	10 %
Sodium 650mg	28 %
Total Carbohydrate 30g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 5%	Vitamin C 2%
Calcium 15%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300mg 375mg
Dietary Fiber	25g 30g

NUTRITION			GDA	
	per 100g	per pack	adult	per pack
Typical values				
Energy kJ	450	1345		
Energy kcal	105	315	2000	16%
Protein	7.9g	23.7g	45g	53%
Carbohydrate	8.8g	26.4g	230g	11%
of which sugars	1.2g	3.6g	90g	4%
Fat	4.2g	12.6g	70g	18%
of which saturates	2.7g	8.1g	20g	41%
Fibre.	1.2g	3.6g	24g	15%
Sodium	0.24g	0.72g	2.4g	30%
Equivalent as salt	0.60g	1.80g	6g	30%

GDA = Guideline daily amount



Each slice of bread (40g) contains:



of an adult's Reference Intake.

Typical values (as sold) per 100g: Energy 993kJ/235kcal

What do you think the red, amber and green colours mean?