

# THE EATWELL GUIDE CAN HELP!



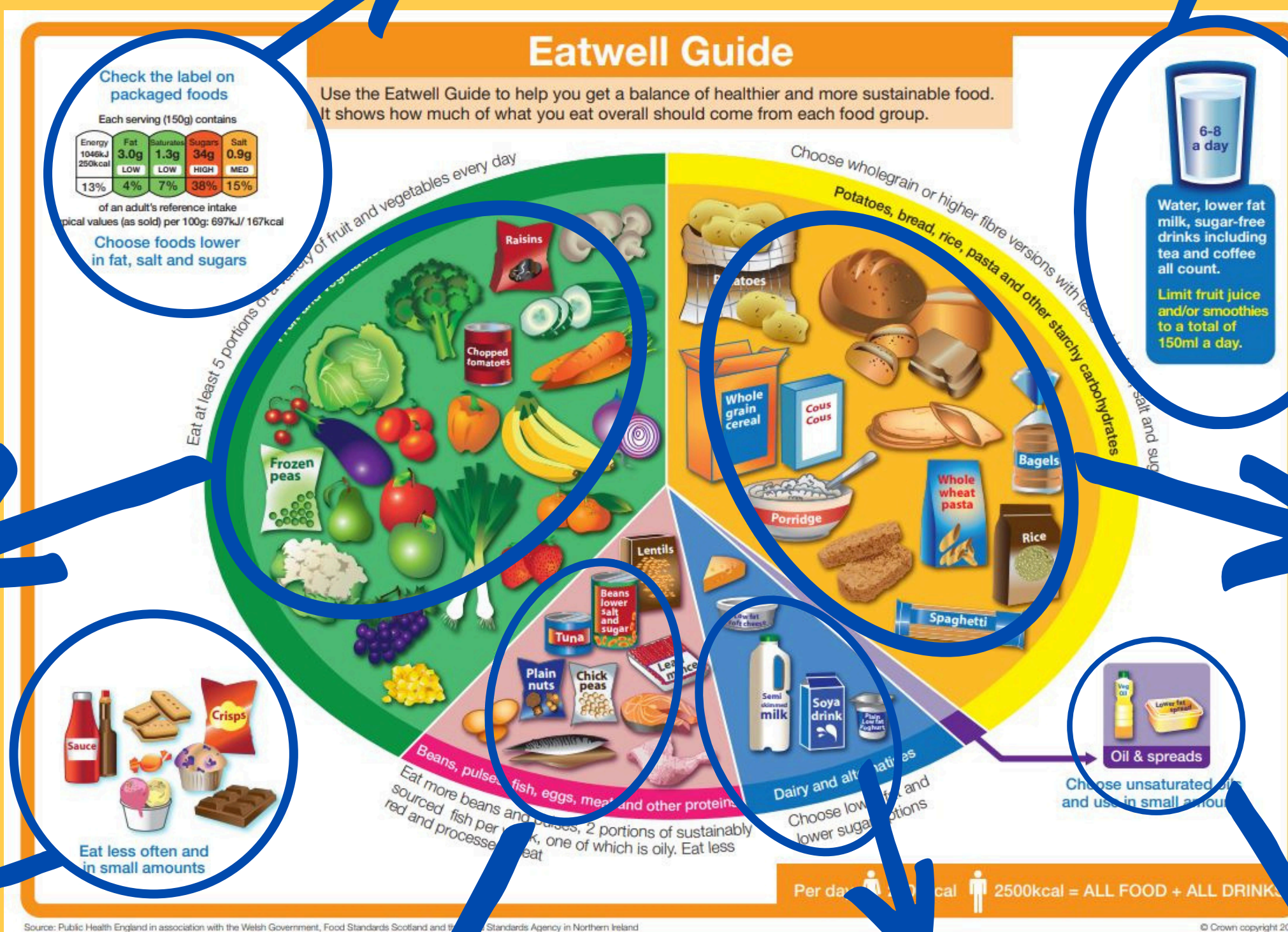
Traffic light labels can help you to make healthy choices. They tell you how much fat, sugar and salt is in a product. **Red** = a high content, **amber** = a medium content and **green** = a low content. Stick to green and amber wherever possible.

**Drink plenty. Water is best or choose lower-fat milk.**

Scan the QR code to learn more about the Eatwell Guide



**Eat at least 5 a day! Eat a smaller portion of carbohydrates and fill your plate with vegetables or fruit. Eat the rainbow if you can!**



**Choose wholegrain carbohydrates which will keep you feeling full.**

Foods high in fat, salt and sugar like crisps, cakes and biscuits are not needed in our diets. Eat them less often and only in small amounts.

**Choose lean sources of protein.**

**Have some dairy everyday. Choose low or reduced fat and low sugar**

**Limit fats and spreads to small amounts. Choose unsaturated fats like sunflower and olive oils.**

