

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.

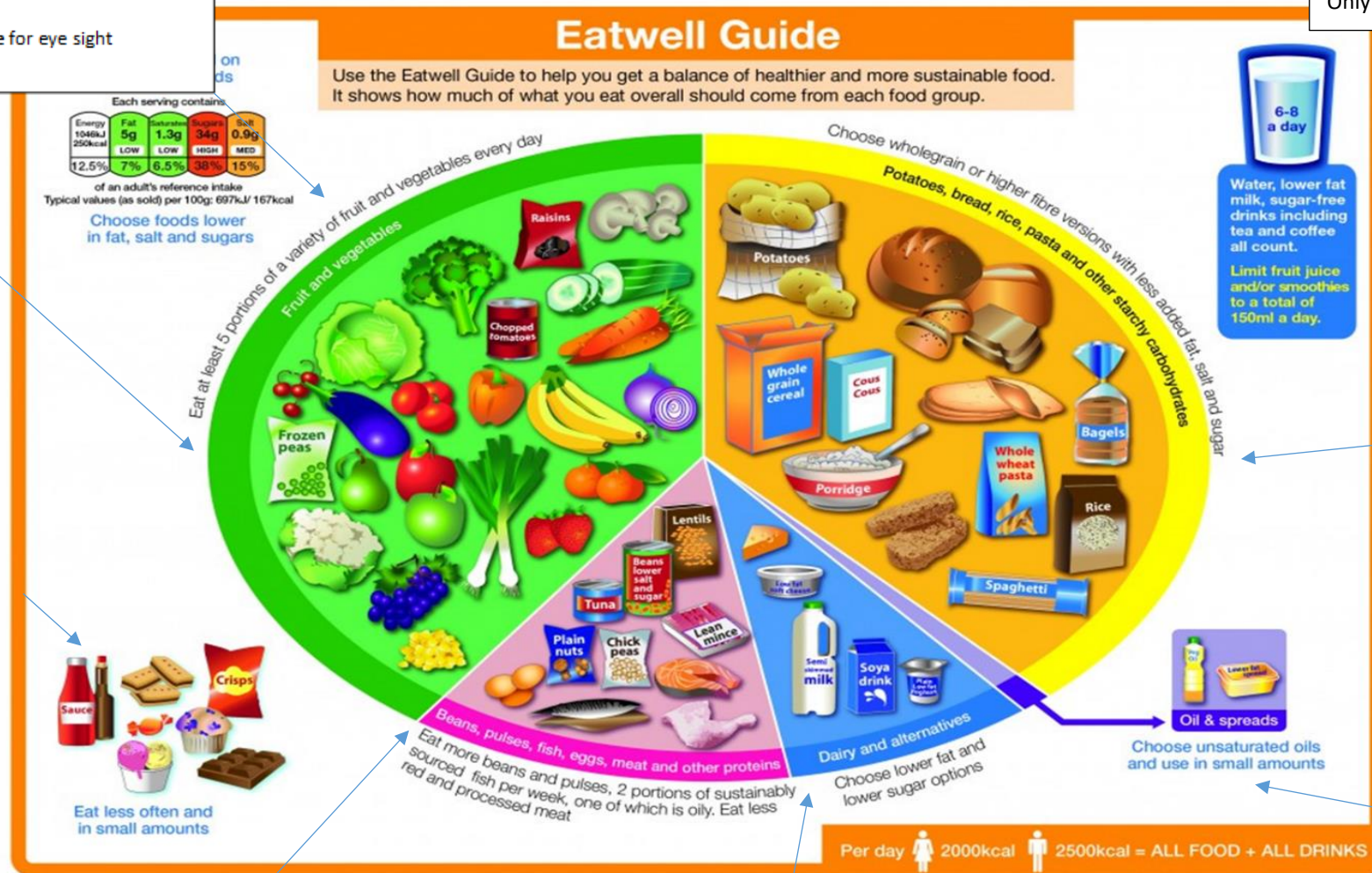
We must drink 6 to 8 glasses of water a day.
Only have 150ml of fruit juice.

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.



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

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

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

