

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?



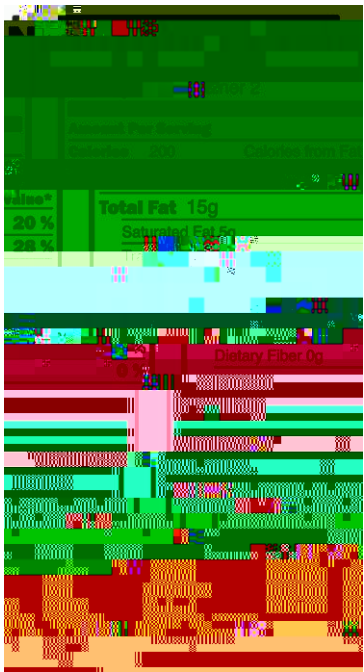


Water is a healthy choice to keep you

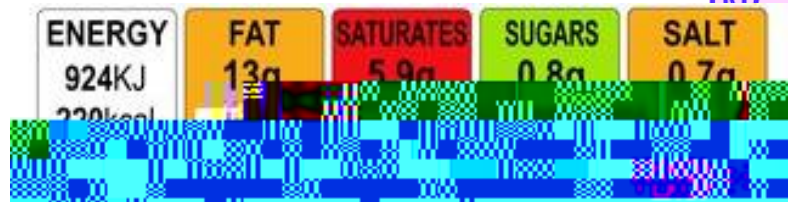
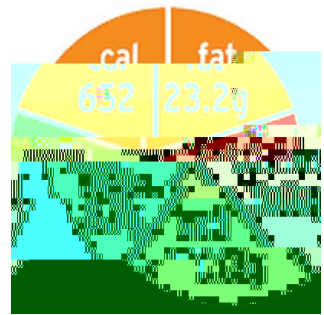




Nutrition information labels can help you choose between products and keep a check on the number of foods you're eating that are high in fat, salt and added sugars. You can use nutrition information labels to help you eat a balanced diet. There are different types of nutrition labels used, but all list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



NUTRITION		GDA	
Typical values	per 100g	per pack	adult per pack
Energy kJ	450	1345	
Energy kcal	105	315	18%
Protein	7.9g	23.7g	45g 53%



Each slice of bread (40g) contains:

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

