

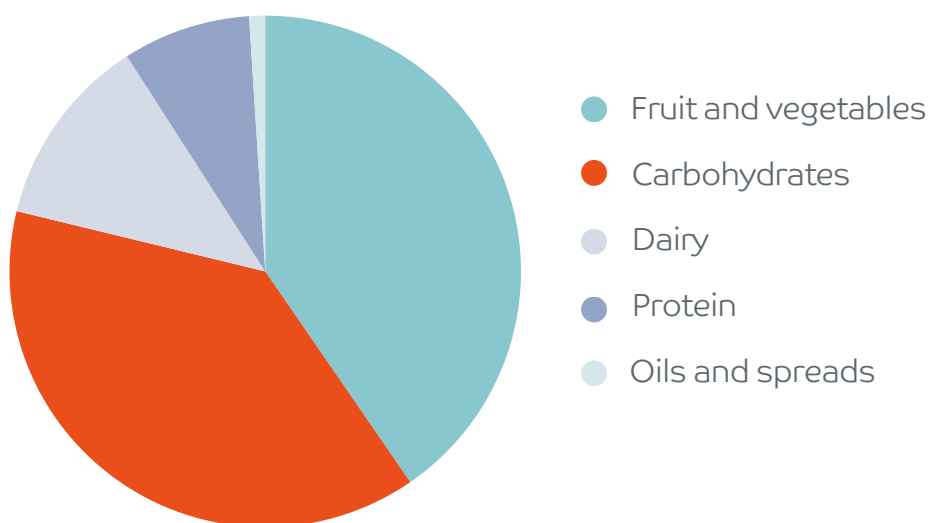
The Eatwell Guide

The Eatwell Guide turns nutrition advice into practical, everyday meal choices — making it easier to eat well, lower the risk of diet-related illnesses, and support long-term health without the need to overthink.



It is suitable for most people, regardless of weight, cultural background, or dietary preferences. However, those with specific medical conditions or special dietary requirements should seek advice from a registered dietitian.

It doesn't need to be followed at every single meal, but should be reflected in the balance of what you eat across the whole day. Here's a breakdown of the Eatwell Guide:



Keep sweet treats in moderation.



Drink 6-8 glasses of water a day.



Carbohydrates

They provide energy as well as key nutrients such as fibre, B vitamins, iron, and calcium, which support digestion and overall health.



Fruit and vegetables

Fruit and vegetables are packed with vitamins, minerals, and fibre, which help protect against disease and support overall health.



Protein

Protein plays a key role in building muscle strength and supporting the body's growth and repair processes.



Dairy

Dairy products are a rich source of calcium, essential for keeping bones and teeth strong.



Oils and spreads

When used in small amounts, they provide essential fatty acids and vitamin E, which support heart health and overall wellbeing.



Build your own lunch

Choose from each of the sections to create your Eatwell packed lunch.



Protein (pick one)

Eat a range of protein sources, including one portion of oily fish (or omega-3 rich food). Options include:

- Red meat: steak, beef, lamb, ham
- White meat: chicken, turkey, duck
- Fish: salmon, tuna, prawns, haddock
- Beans and pulses: black beans, pinto, lima, chickpeas, edamame, lentils
- Tofu ● Tempeh ● Eggs



Fruit and vegetables (pick one - three)

Eat at least 5 portions of a variety of fruit and vegetables every day. Options include:

- Fruit: apple, banana, pear, orange
- Leafy greens: spinach, broccoli, kale
- Root vegetables: carrots, turnips, beetroot, radish
- Allium vegetables: onion, garlic, leeks
- Peppers, aubergines, cucumber, tomatoes



Carbohydrates (pick one)

Base your meals on carbohydrates for slow energy release through the day. Opt for wholegrain options, or leave the skins on potatoes to boost fibre, vitamins and minerals. Options include:

- Bread ● Cous cous ● Potatoes
- Rice ● Pasta ● Oats



Dairy (pick one)

Dairy and dairy-alternatives are essential for calcium. Choose lower fat options when possible. Options include:

- Milk ● Yogurts ● Cheese
- Quark ● Fromage frais



Oil and spreads

It's best to choose unsaturated fats like vegetable, olive, or sunflower oil.

“Eating a balanced mix of protein, complex carbs, and healthy fats helps keep your energy steady and your body fuelled. A combination like this prevents the blood sugar spikes and dips that can leave you tired, craving snacks, or overeating later.”



Kate Platts,
Group Director of Research & Innovation, MSc. Nutrition & Public Health, Associate Registered Nutritionist (ANutr)