

9. True or false? Children under 2 should not drink low fat milk.

True

False

10. Why is butter not included in the 'Oil and spreads' section of the Eatwell Guide?

As it is low in saturated fat

As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten

The Eatwell Guide answers

1. How much fibre are adults recommended to consume per day?

10 grams

19 grams

25 grams

30 grams

2. Which one of the following food groups is not essential for health?

Oil and spreads

Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

3. True or false? People with type 2 diabetes should not follow the Eatwell Guide as they require special diets.

True

False

4. How many portions of fish is it recommended that we all consume per week?

0 portions

1 portion

2 portions, one of which is oily

At least 4 portions, of which 2 are oily

5. Which of the following counts as 1 of your 5-A-DAY?

Strawberry Jam

Fruit/vegetable juice or smoothies (150ml)

Potatoes

All of the above

6. How much fluid should you aim to consume per day?

1-3 glasses

4-6 glasses

6-8 glasses

As much as you can

7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?

As they are high in free sugars

As they are high in vitamin C

Because only water counts towards your fluid intake

As they never count towards your 5-A-DAY

8. Which of the following would help increase your fibre intake?

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above

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Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Oil & spreads

Choose unsaturated oils and use in small amounts

Dairy and alternatives
Choose lower fat and lower sugar options

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS