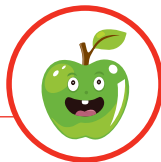


Eat a Balanced Diet



A healthy diet is about having a balanced diet so your body gets all the nutrients it needs, as well as maintaining a healthy weight, blood pressure and cholesterol level.

Remember child portions are smaller than adult portions – roughly the size of the palm of a child's hand.

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

of an adult's reference intake.
Typical values (as sold) per 100g: 697kJ / 167kcal

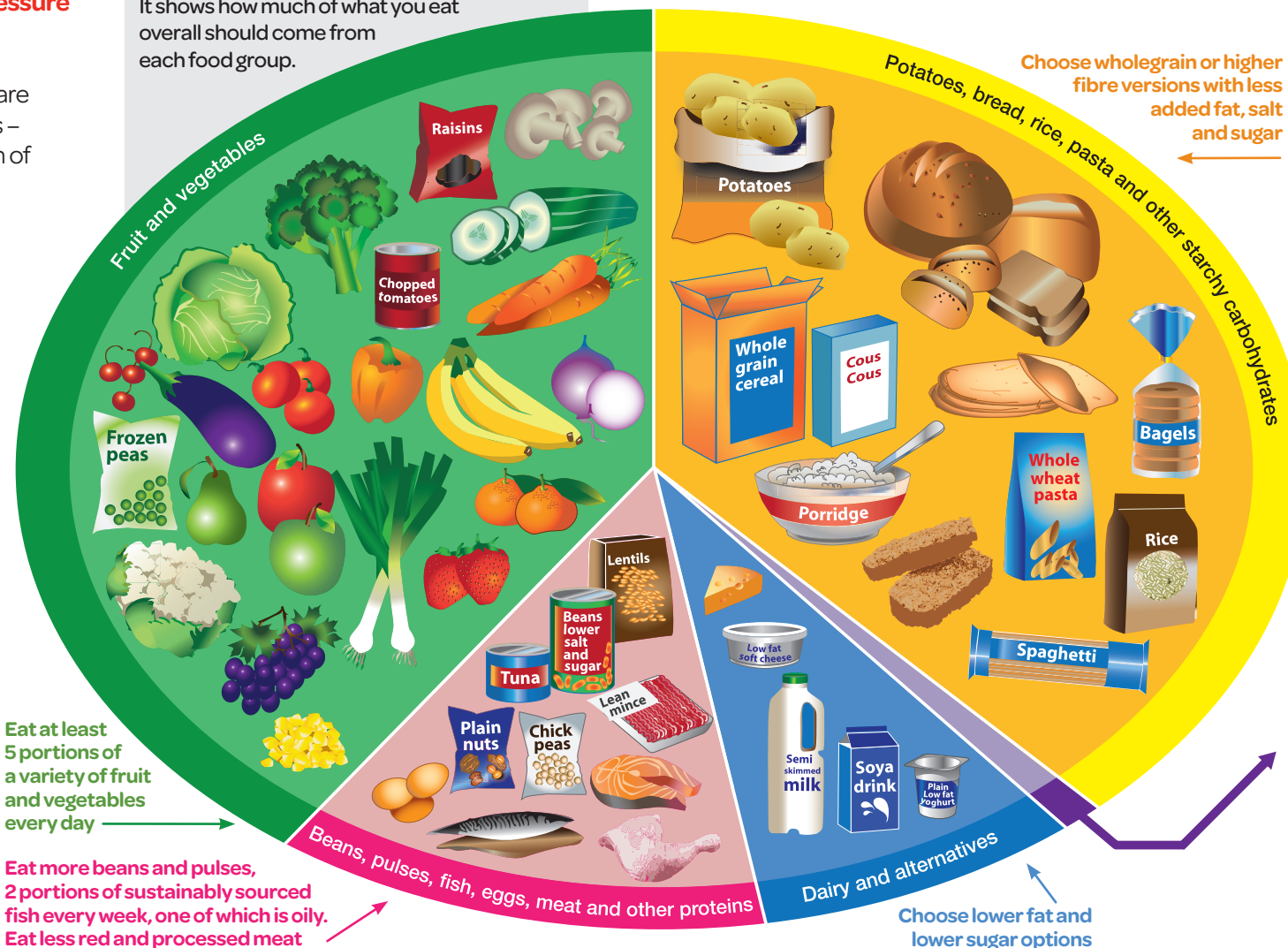
Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Eatwell Guide

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.



For more information or support contact:
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WE'RE ON YOUR SIDE

NOTE: The Eatwell Guide shows the proportions of a healthy diet over the course of the week. It does not have to be split as shown for every meal or even every day.



6-8 a day

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



Oil & spreads

Choose unsaturated oils and use in small amounts

Per day:

2000Kcal 2500Kcal
= ALL FOOD + ALL DRINKS

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