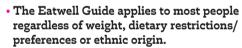
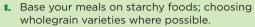


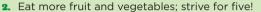
Is the Eatwell Guide for me?

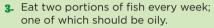


- · However it does NOT apply to children under the age of 2 because they have different nutritional needs. Between the ages of two and five years, children should gradually move to eating the same foods as the rest of the family, in the proportions show in the Eatwell Guide.
- · Anyone with special dietary requirements or medical needs should check with a registered dietitian, or their GP, on how to adapt the Eatwell Guide to meet their individual needs.

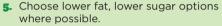
8 tips for eating well for the whole family

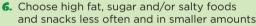






4. Choose unsaturated oils and spreads and eat in small amounts







8. Drink 6-8 cups/glasses of fluid a day.







When should I use the Eatwell Guide?

You can use the Fatwell Guide to make healthier choices whenever you're;

- At home deciding what to eat, what to cook, what to put in a lunchbox or what to shop for
- Out shopping aim to fill your trolley/basket with a healthy balance of different types of food
- Eating out in a restaurant, café or work canteen. or when vou're choosing food on the run follow the Eatwell Guide to help you choose a healthy balance.

Find out more:

- https://www. phunkyfoods.co.uk/ parent/eatwell-parentsinformation/
- https://www.nhs.uk/ change4life
- https://www.nhs.uk/livewell/eat-well/
- https://www.bda. uk.com/foodfacts/ healthyeatingchildren.pdf





Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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