Check the label on packaged foods

Each serving (150g) contains

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Sugar</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>250kcal</td>
<td>3.0g</td>
<td>1.3g</td>
<td>34g</td>
<td>0.9g</td>
<td>15%</td>
</tr>
</tbody>
</table>

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

Choose foods lower in fat, salt and sugars

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

Eat less often and in small amounts

Choose whole grain or higher fibre versions with less added fat, salt, and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose unsaturated oils and use in small amounts

Oil & spreads

Dairy and alternatives

Choose lower fat and lower sugar options

Soya drink

Soya milk

Soy milk

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

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

Per day 2000kcal = ALL FOOD + ALL DRINKS

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