

The Culturally Adapted Eatwell Guide: Key Messages

The culturally adapted Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The culturally adapted version is based on [Public Health England \(PHE\) Eatwell Guide](#) however the foods in the culturally adapted version, better reflect those foods typically eaten within different cultures across England.

The proportions shown are representative of food consumption over the period of a day or even a week, not necessarily each mealtime.

The Eatwell Guide applies to most people regardless of weight, dietary restrictions/ preferences or ethnic origin. However, it doesn't apply to children under 2 because they have different nutritional needs. Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell Guide. Anyone with special dietary requirements or medical needs might want to check with a registered Nutritionist or Dietitian on how to adapt the Eatwell Guide to meet their individual needs.

More in-depth information on the Eatwell guide can be found [here](#).

Below is a summary of the key points from the Eatwell guide and general healthy eating information.

Fruits and vegetables

- Eat at least 5 different types of fruit and vegetables a day.
- Fresh, frozen, dried and tinned all count!
- Avoid fruit canned in syrups – instead choose fruit in juice.
- Avoid vegetables canned in salted water – instead choose just water.

Carbohydrates

- Wholegrain carbohydrates are a good source of fibre.
- Eat more wholegrain or whole wheat versions of foods such as bread, rice and pasta.
- For information on portion sizes of different carbohydrates, HEAL-D have developed a helping hand visual guide.

Protein

- Incorporate more beans, lentils and pulses into meals to use less meat.
- Use lean cuts of meat, remove skin from chicken and use lower fat minced meat.
- Eat at least 2 portions of fish a week (one of which should be an oily fish e.g. salmon, mackerel, sardines).

Dairy

- Include dairy or dairy alternatives in your diet.
- Check food labels to make sure dairy alternatives (such as soya, oat milks etc) have calcium added to them.
- Choose dairy options that are lower in fat and sugar.

Oils

- Choose oils that are lower in saturated fat and use in small amounts.
- Avoid oils high in saturated fat (e.g. palm or coconut oils).

Food High in Fat Salt and Sugar

- Foods high in fat, salt and sugar are not needed in the diet.
- If you do include them, try to have them less often and in smaller amounts.
- Check food labels to help you choose healthier options with that are lower in salt, fat and sugar.

Hydration

- Drink 6-8 glasses of fluid a day.
- Water, low-fat milk and sugar-free drinks including tea and coffee all count.
- Fruit juice and smoothies also count towards your fluid consumption – but they are a source of free sugars* so you should limit consumption to no more than a combined total of 150ml per day.
- Alcohol contains lots of calories so intake should be limited.

Vitamin D

- From late March to the end of September, the majority of people should be able to make all the vitamin D they need from sunlight on their skin.
- During Autumn and winter, the sun is not strong enough for the body to make vitamin D, so most people should consider taking a daily 10ug vitamin D supplement.
- If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may not make enough vitamin D from sunlight. You should therefore consider taking a daily 10ug vitamin D supplement throughout the year.

*Free sugars – Any sugar added to food or drink products by the manufacturer, cook or consumer including those naturally found in honey, syrups and unsweetened fruit juice.