

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1049kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	4% LOW	7% LOW	38% HIGH	15% MED

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

Choose foods lower
in fat, salt and sugars

South Asian 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.



Water, lower fat milk, sugar free drinks including coffee & tea all count. Limit fruit juice and/or smoothies to a total of 150ml day

Eat at least 5 portions of a variety
of fruit & every day

Fruit & vegetables



Foods high in fat, salt, sugar

Eat less often and in small amounts

Chocolate

Choose wholegrain or higher fibre versions with less added fat, salt & sugar

Rice, Bread, potatoes, pasta & other starchy carbohydrates

Choose unsaturated oils
& use in small amounts

Oils and spreads



Dairy & non dairy alternatives

Choose lower fat &
lower sugar options

Beans, fish, lentils, pulses, eggs, meat & 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.

Per day



2000kcal



2500kcal = ALL FOOD + ALL DRINK

Tips for eating well for the South Asian community

KEY MESSAGE	FURTHER INFORMATION
Eats lots of fruit and vegetables.	It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. Try adding extra fruit and vegetables to your raita and vegetables such as cauliflower, peas or spinach to meat curries.
Base your meals on higher fibre starchy carbohydrates.	Starchy carbohydrates include potatoes, bread, rice, pasta and cereals. Opt for basmati or wholegrain pasta and rice. Choose wholemeal flour for chapatti, roti and naan bread. Consider portion sizes - a portion is what fits in the palm of your hand.
Eat more fish, including a portion of oily fish.	Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish. Use oily fish in dishes such as masala fish, fish curries or fish biryani.
Cut down on saturated fat and sugar.	Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados. Choose white meat such as chicken rather than red meat. Choose sugar free drinks.
Eat less salt: no more than 6g a day for adults.	Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Try to avoid adding salt to dishes that already contain salt. TOP TIP: Consider removing salt from the table.
Keep properly hydrated.	You need to drink plenty of fluids to stop you getting dehydrated. The recommendation is drinking 6 to 8 glasses every day. Choose water, low sugar drinks and low fat milk as part of this.
Have some dairy or dairy alternatives (such as soya drinks).	Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy. Choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt. When buying dairy alternatives check for those fortified with calcium.
Eat breakfast.	A healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet. Choose wholegrain cereals with low fat milk or a non dairy alternative. Try to avoid fried breakfast items such as parantha.
Get active and be a healthy weight.	As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. Try to do low to moderate physical activity every day, e.g. gardening, walking, dancing etc.