

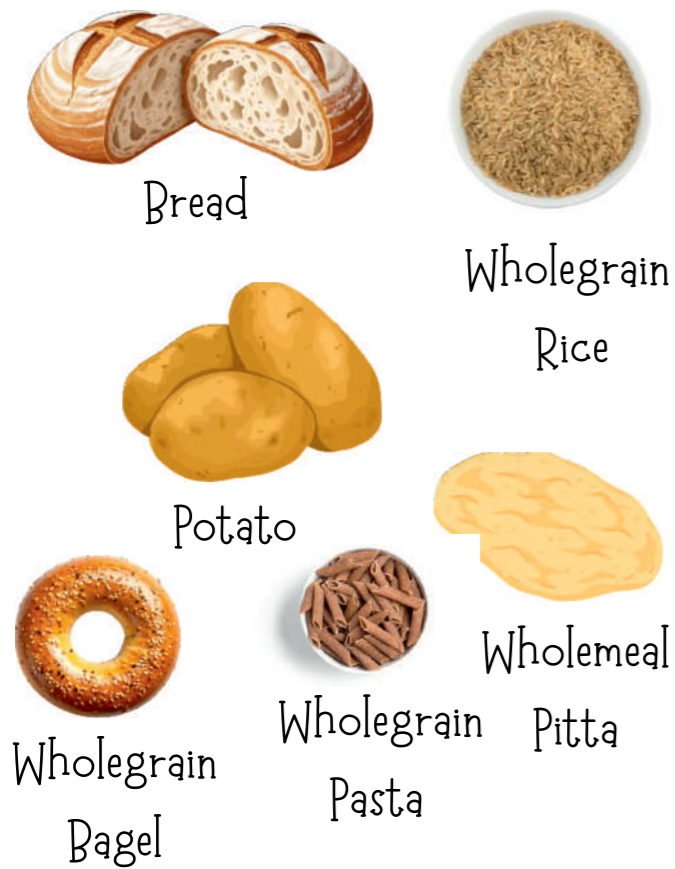
# PICK YOUR PLATE



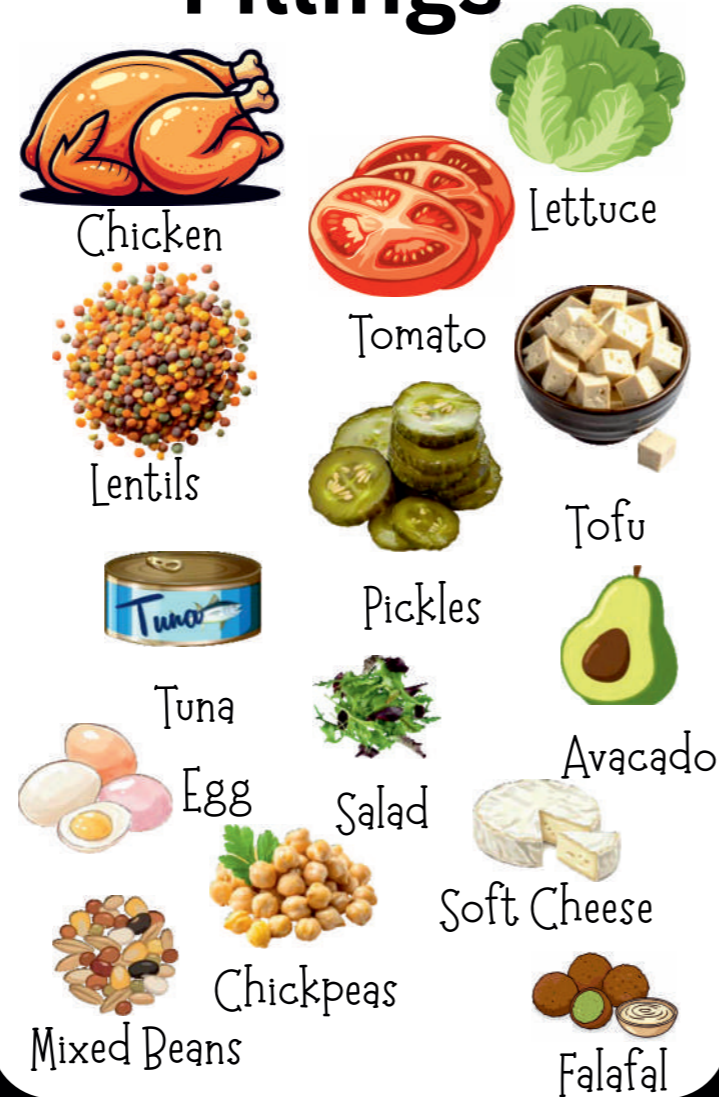
NHS Food Scanner App -  
Healthier Families - NHS



## Carbohydrates



## Fillings



## Snacks



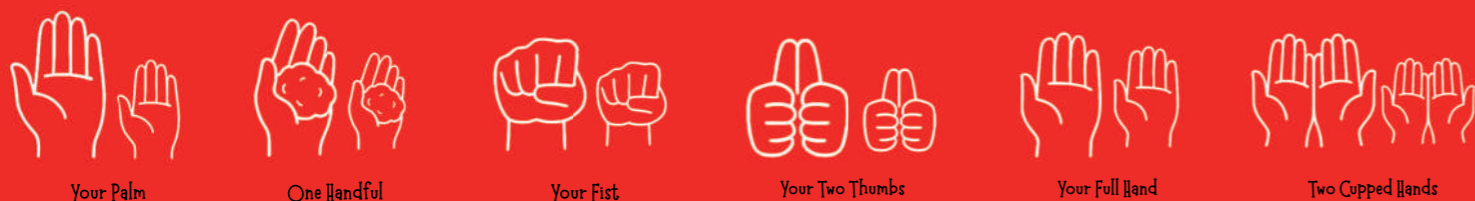
Brush your Teeth twice  
a day with Toothpaste

Visit the Dentist  
every 6 months - it is  
FREE on the NHS



## Get Portion Wise

Adult and Child Portion Size



Check the label on  
packaged foods and  
choose foods lower  
in fat, salt, and sugar

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat <b>3.0g</b> LOW	Saturates <b>1.3g</b> LOW	Sugars <b>34g</b> HIGH	Salt <b>0.9g</b> MED
13%	4%	7%	38%	15%

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