

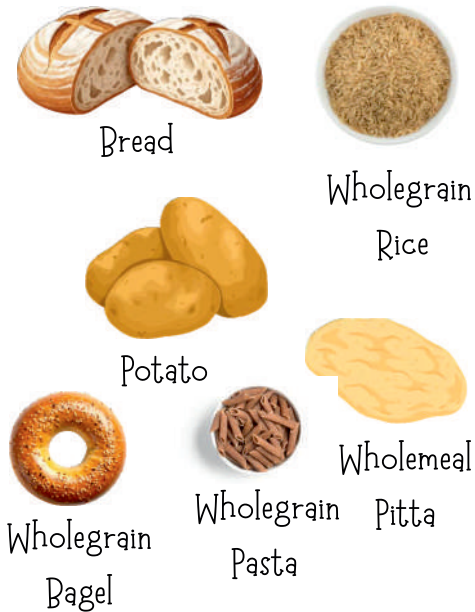
PICK YOUR PLATE



NHS Food Scanner App -
Healthier Families - NHS



Carbohydrates



Fillings



Snacks



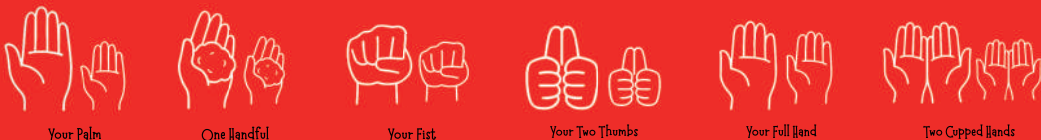
Brush your Teeth twice
a day with Toothpaste

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 | Fat | Saturates | Sugars | Salt |
|-------------------|-------------|-------------|-------------|-------------|
| 1046kJ 250kcal | 3.0g LOW | 1.3g LOW | 34g HIGH | 0.9g MED |
| 13% | 4% | 7% | 38% | 15% |

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

CHOOSE YOUR PACKED LUNCH FOR THE WEEK



EXAMPLE LUNCHES

Wholegrain bagel with soft cheese and cucumber with an apple and ricecakes and a bottle of water with a lemon slice.

OR
Wholegrain flavoured rice with chicken and chickpeas with Greek yogurt and berries and bottle of water

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Produced in partnership
with...



And other partners

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