

We should get
2,000 kcal per
day from these
food groups

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Vocabulary – Healthy Eating

What should we eat every day – and how much?

Answers:

1. OIL
2. BUTTER
3. CHEESE
4. BISCUIT
5. ICE CREAM

TOTAL FAT: less than 70g

6. JAM
7. SWEETS
8. CHOCOLATE
9. HONEY
10. SOFT DRINK

TOTAL SUGARS: 90g

11. BACON
12. QUICHE
13. MILKSHAKE
14. SAUSAGE
15. WHIPPED CREAM

SATURATES: less than 20g

16. RICE
17. POTATO
18. BREAD
19. CEREAL
20. PASTA

CARBOHYDRATE: at least 260g

21. BEEF
22. FISH
23. NUT
24. CHICKEN
25. DAIRY

PROTEIN: 50g

26. FRENCH FRIES
27. READY MEALS
28. INSTANT NOODLES
29. SALTED PEANUTS
30. PROCESSED MEAT

SALT: less than 6g