

RSHE (PSHE) - Healthy lifestyles: physical fitness and healthy eating

# Principles of healthy eating

## Downloadable Resource

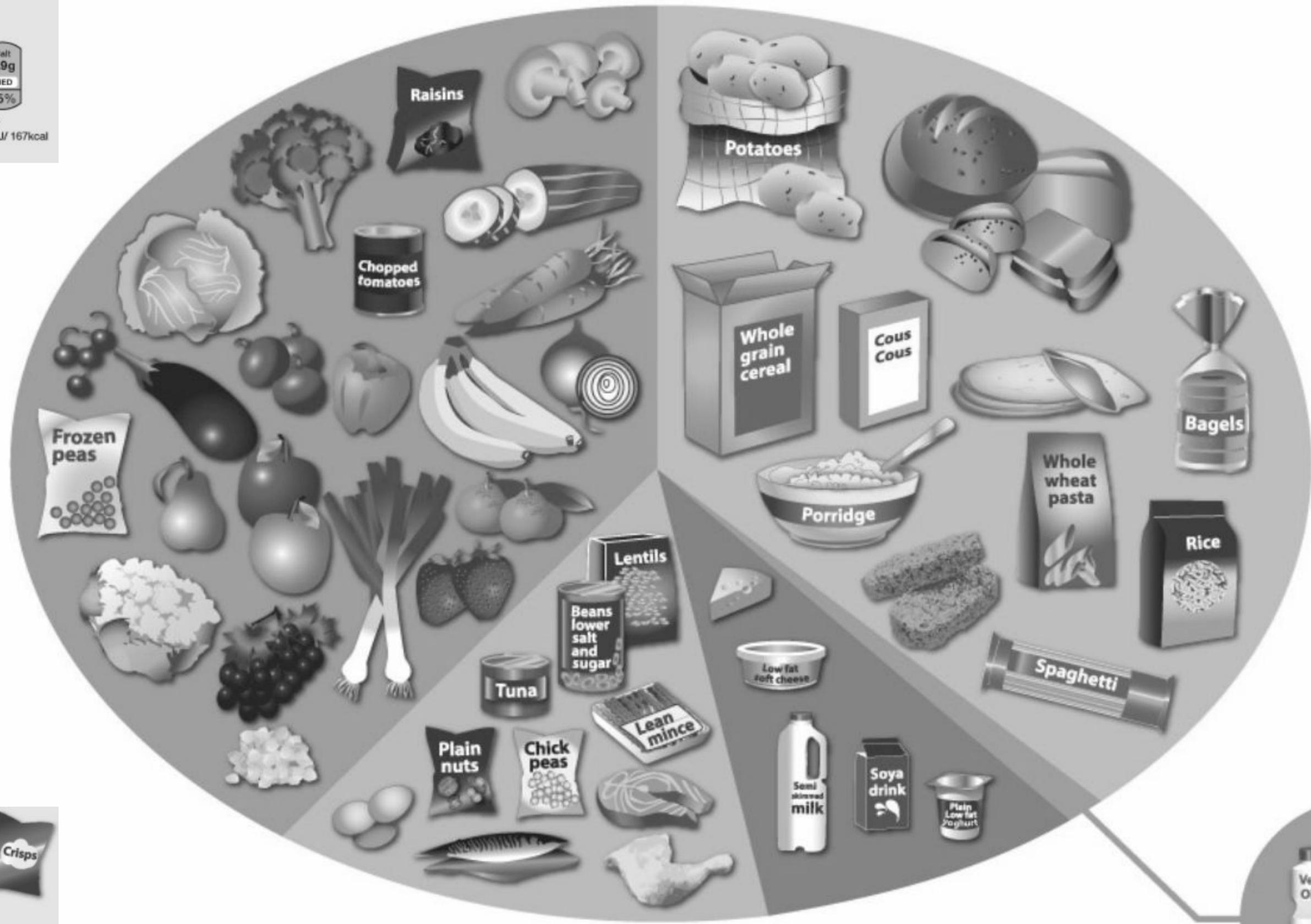
Mr Whitehead



Each serving contains

Energy 1046kJ	Fat 5g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

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



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