

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

Principles of healthy eating

Downloadable Resource

Mr Whitehead



Each serving contains

Energy 1045kJ	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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