

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy (kcal)	3.6g	1.2g	24g	0.8g
Carbohydrate	45%	7%	38%	15%

of an adult's reference intake
Typical values for adults per 100g (80/100/140kcal)

Choose foods lower in fat, salt and sugars

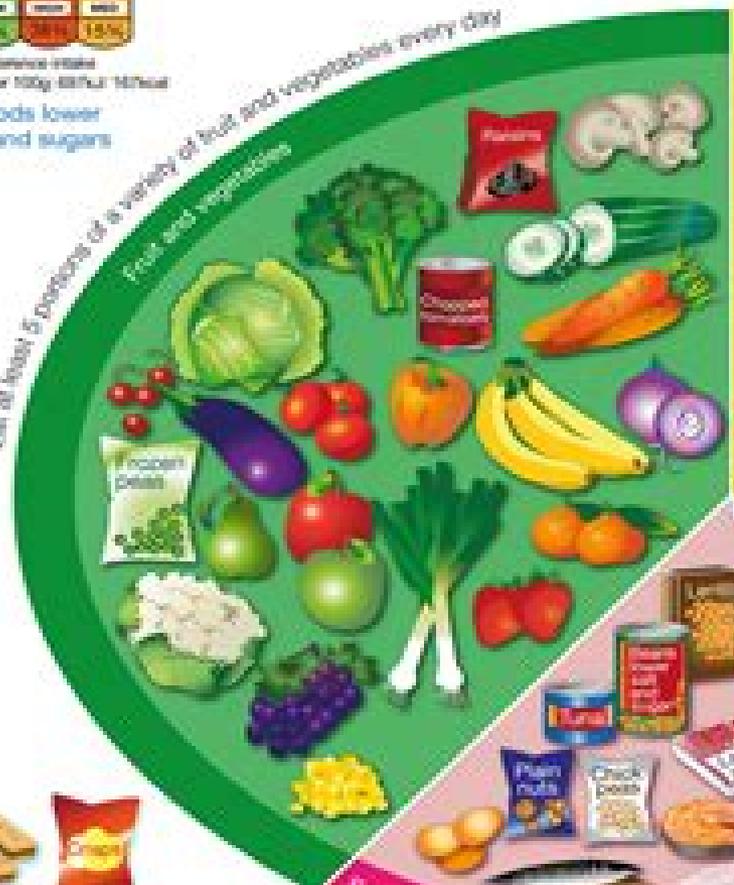
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and refined carbohydrates



refined carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Wales A Good Eating Guide

**Donald Getz, Richard Robinson, Tommy
Andersson, Sanja Vujicic**

Wales A Good Eating Guide:

The Rough Guide to Wales Paul Whitfield, Catherine Le Nevez, Mike Parker, 2012-01-01 Suggests lodging food and sightseeing highlights along with travel tips and cultural information

Anderson's Travel Companion Compiled by Sarah Anderson, 2016-12-05 A selection of the best in travel writing with both fiction and non fiction presented together this companion is for all those who like travelling like to think about travelling and who take an interest in their destination It covers guidebooks as well as books about food history art and architecture religion outdoor activities illustrated books autobiographies biographies and fiction and lists books both in and out of print Anderson s Travel Companion is arranged first by continent then alphabetically by country and then by subject cross referenced where necessary There is a separate section for guidebooks and comprehensive indexes Sarah Anderson founded the Travel Bookshop in 1979 and is also a journalist and writer on travel subjects She is known by well known travel writers such as Michael Palin and Colin Thubron Michael Palin chose her bookshop as his favourite shop and Colin Thubron and Geoffrey Moorhouse among others made suggestions for titles to include in the Travel Companion

The Rough Guide to Wales Mike Parker, Paul Whitfield, 2000 The definitive guide to this complex and beautiful country Full color photos and forty maps

Foodies and Food Tourism Donald Getz, Richard Robinson, Tommy Andersson, Sanja Vujicic, 2014-09-30 Foodies and Food Tourism supplies comprehensive new evidence and theory based overview of the phenomenon of food tourism and how it is being or should be developed and marketed and understood

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The Top Books of the Year Wales A Good Eating Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Wales A Good Eating Guide : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Wales A Good Eating Guide : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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Table of Contents Wales A Good Eating Guide

1. Understanding the eBook Wales A Good Eating Guide
 - The Rise of Digital Reading Wales A Good Eating Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Wales A Good Eating Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Wales A Good Eating Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Wales A Good Eating Guide
 - Personalized Recommendations
 - Wales A Good Eating Guide User Reviews and Ratings
 - Wales A Good Eating Guide and Bestseller Lists
5. Accessing Wales A Good Eating Guide Free and Paid eBooks
 - Wales A Good Eating Guide Public Domain eBooks
 - Wales A Good Eating Guide eBook Subscription Services
 - Wales A Good Eating Guide Budget-Friendly Options
6. Navigating Wales A Good Eating Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Wales A Good Eating Guide Compatibility with Devices
 - Wales A Good Eating Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Wales A Good Eating Guide
 - Highlighting and Note-Taking Wales A Good Eating Guide
 - Interactive Elements Wales A Good Eating Guide
8. Staying Engaged with Wales A Good Eating Guide

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Wales A Good Eating Guide
9. Balancing eBooks and Physical Books Wales A Good Eating Guide
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Wales A Good Eating Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Wales A Good Eating Guide
- Setting Reading Goals Wales A Good Eating Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Wales A Good Eating Guide
- Fact-Checking eBook Content of Wales A Good Eating Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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