



Nutritious, Sustainable Food - What are the latest Guidelines?

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Glasgow Food Policy Partnership



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

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

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

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

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat yoghurt

Oil & spreads

Choose unsaturated oils and use in small amounts

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



Eat less often and in small amounts

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

5 a day message



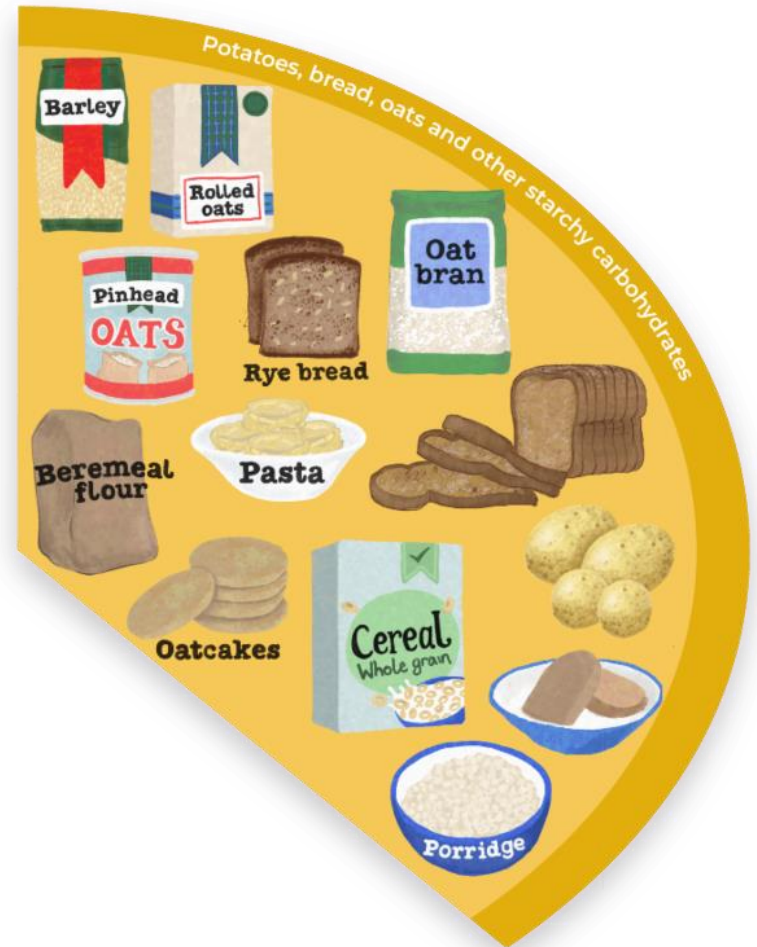
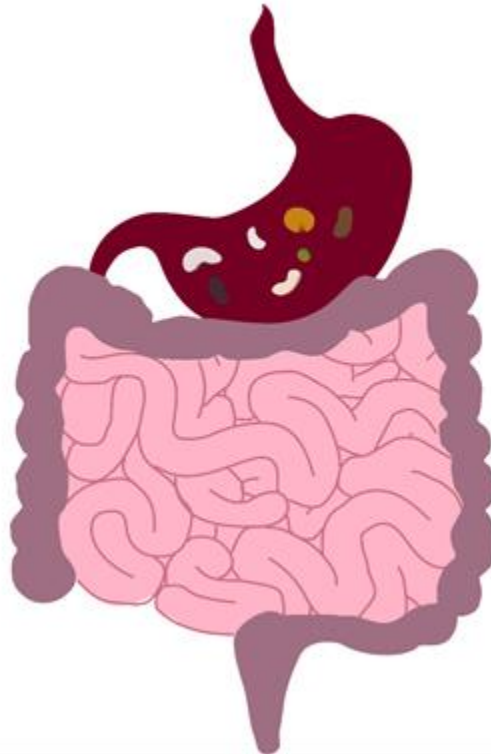
Eat the
rainbow

Seasonal
Harvest



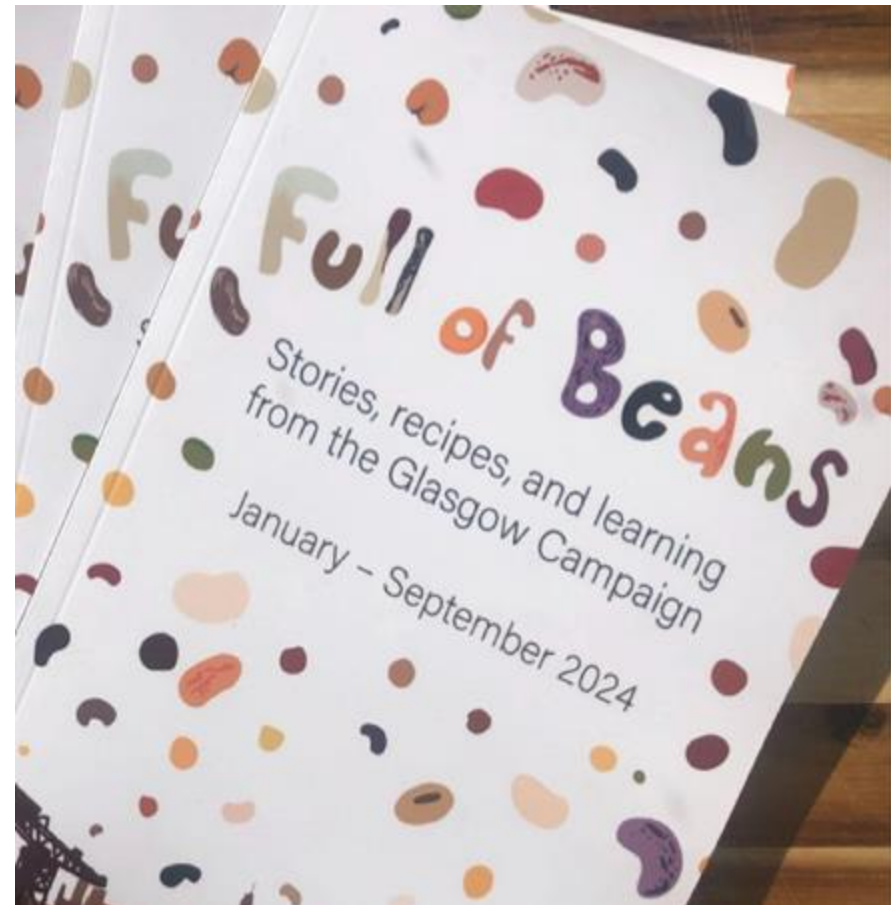
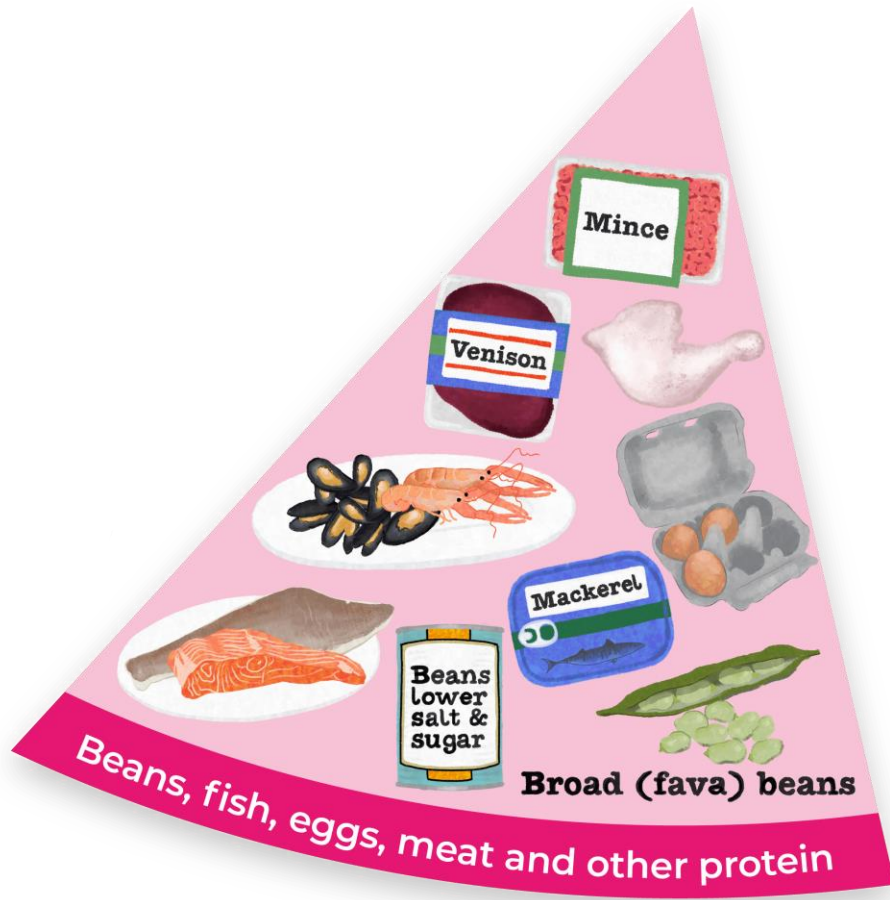
Carbohydrates

- Important for energy
- Choose wholegrains options for more **FIBRE**



Protein

- Important for growth
- Consider plant-based options



Dairy and alternatives

- Good for bones and teeth
- Choose low sugar versions
- Check plant-based products fortified (calcium, B vitamins, vitamin D and iodine)



HFSS and UPFs

- Avoid highly processed foods
- Check labels for food high in fat, salt and sugar

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Hydration

- Avoid sugary drinks
- Check labels
- Get creative

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Organic/Ethical Foods

- Better for the environment, but ££
- Local, sustainable suppliers
- Greencity Wholefoods introductory offer



the
Glasgow
Sustainable
Food Directory



Food Allergies

- Important to ask about allergies!
- Know the common allergens
- Consider using a dietary requirement form



GLUTEN



SESAME



NUTS



CRUSTACEAN



EGGS



FISH



MUSTARD



MILK



CELERY



PEANUTS



SOYA



SHELLFISH



LUPINS



SULPHITE



A brighter future for people with serious allergies



AllergyUK

Supporting people living with allergy
#itstimetotakeallergyseriously



Holiday Programme Food Toolkit

- Nutrition
- Food Safety
- Suppliers
- Recipes
- Activities





Thank you!

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