

Daily guidelines

for healthy eating

Healthy eating made easy

Guideline Daily Amounts provide a guide to the amount of calories, fat, saturates, salt and sugar that make up a healthy diet.

The aim is to assist adult men and women in making appropriate dietary choices.

The amount you need each day will depend on your age, gender and how physically active you are. If you are overweight, this suggests you are eating more than you need. You should consider reducing your calorie and fat intake as well as becoming more physically active.

Guideline Daily Amounts for Average Adults

Each Day	Women	Men
Calories	2000	2500
Fat	70g	95g
Saturates	20g	30g
Salt	6g	6g
Sugars	90g	120g

'What is a little, What is a lot'?

When trying to make healthier food choices it can be hard to know what is a little and what is a lot of each nutrient. The following chart can be used as a quick guide. It shows you what is a little and what is a lot of each nutrient per 100g.

For instance, if a product contains over 5g saturated fat per 100g then this is a lot. Try to balance the amount of saturated fat you consume in another product, making sure you use the Guideline Daily Amounts above as an overall guide for how much you should be eating throughout the day.

What is a little, What is a lot for Average Adults?

Per 100g	A Little	A Lot
Fat	3g	20g
Saturated Fat	1g	5g
Sugar	2g	10g
Salt	0.25g	1.25g

[Read more about healthy eating here](#)



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Enter your UK mobile phone number to receive a text message containing the "A little, A lot" guidelines.

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