**My own eatwell guide**

**Worksheet 157**

Name:

Date:

|  |  |  |  |
| --- | --- | --- | --- |
| **Food group** | **How many?** | **My percentage %** | **Eatwell guide percentage****%** |
| Fruit and vegetables |  |  | 40 |
| Potatoes, bread, rice, pasta and other starchy carbohydrates |  |  | 38 |
| Dairy and alternatives |  |  | 8 |
| Beans, pulses, fish, eggs, meat and other proteins |  |  | 12 |
| Oils and spreads |  |  | 1 |
| **Total** |  |  |  |

**How to work out percentages**

1. Add all the food group numbers together to get the total.

2. Divide each food group number by the total.

3. Multiply this total by 100.