

# Canllaw Bwyta'n Dda

Darllenwch y label ar becynnau bwyd

Mae pob dogn (150g) yn cynnwys

Egryn	Braster	Siwgrau	Uchel	Halen
100kcal 200kcal	3g	1.3g	34g	0.9g
13%	4%	8.5%	38%	1.5%

o'r lefel a argymhellir i oedolyn Gwethoedd nodweddiadol (wrth ei werthu) am bob 100g: 697kJ/167kcal

Dewiswch fwydydd sy'n is mewn braster, halen a siwgrau

Defnyddiwch y Canllaw Bwyta'n Dda i'ch helpu i fwyta cydbwysedd o fwydydd iachach a mwy cynaliadwy. Mae'n dangos faint o'ch holl fwydydd a ddylai ddod o bob grŵp bwyd.



Mae dŵc, laeth braster is, diodydd heb siwgr gan gynnwys te a choffi, i gyd yn cyfrif.  
Peidiwch â chymryd mwy na 150ml y diwrnod o sudd firwythau a/neu smwddis.



Bwytewch y rhain yn llai aml, mewn dognau bach

Ffa, codlysiau, pysgod, wyau, cig a phroteinau eraill  
Bwytewch llwy o ffa a chodlysiau, dau ddogn o bysgod o fynthornell gynaliadwy bob wythnos, un o'r rhain yn olewog. Bwytewch lai o gig coch a chig wedi'i broseâu

Cynnyrch laeth a dewisiadau amgen  
Dewiswch opsiynau a lai o fraster a ffa o siwgr



Olew a sbectol  
Dewiswch olewau annirlawn gan ddefnyddio ychydig bach yn unig

Y diwrnod 2000kcal 2500kcal = POB BWYD + POB DIOD

# Eatwell Guide

## Check the label on packaged foods

Each serving (150g) contains

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



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



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