



SEVENOAKS
HEALTH & WELLNESS

Healthy eating in Sevenoaks:

Your guide to healthy
eating in Sevenoaks



LOOK OUT FOR THESE SIGNS AND LABELS AROUND TOWN.

LOW SALT OPTION

Made with less added salt, gentler on your blood pressure and heart. Aiming for less than 0.75g per portion.



LOW CARB OPTION

Lower in carbohydrates, suits low carb or blood sugar eating. Aiming for less than 20% of calories from carbohydrates in the dish.



HEALTHY HEART OPTION

Lower in salt, saturated fat and trans fats. Aiming for less than 6g of saturated fat per portion.



BALANCED OPTION

Approximately 40% carbs, 40% protein, 20% fat. A good mix of carbs, protein and healthy fats for an all-round meal.



UPF-FREE

Made from real, minimally processed ingredients with no ultra-processed additives.



HIGH PROTEIN OPTION

High in protein to support muscle growth and recovery. Up to 30g of protein per meal.

