

# Canllaw Bwyta'n Dda

Darllenwch y label ar becynnau bwyd

Mae pob dogn (150g) yn cynnwys

Egni	Braster	Brasterau Ddi-ffwr	Siwgrau	Halen
1046kJ 250kcal	3g	1.3g	34g	0.9g
ISEL	ISEL	UCHEL	CANOLIG	
13%	4%	6.5%	38%	15%

o'r lefel a argymhellir i oedolyn Gwerthoedd 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 dŵr, 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 ffrwythau a/neu smwddis.



Bwytwch o leiaf 5 dogn o amrywiaeth o ffrwythau a llysiau bob dydd

Dewiswch fersiynau grawn cyflawn neu ffeibr uchel sy'n cynnwys llai o fraster, halen a siwgr ychwanegol

Cynnyrch llaeth a dewisiadau amgen

Bwytwch fwy o ffa a chodlysiâu, dau dogn o bysgod o ffinhonnell gynaliadwy bob wythnos, un o'r rhain yn olewog. Bwytwch lai o gig coch a chig wedi'i brosesu

Dewiswch opsiynau â llai o fraster a llai o siwgr



Bwytwch y rhain yn llai aml, mewn dogneau bach



Olew a sbreds  
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
13%	LOW	LOW	HIGH	MED
	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



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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