

Eat Well

Last Modified on 03/02/2022 10:25 am GMT



Looking to make a healthy choice? Our Eat Well sunflower logo, which appears on hundreds of products across our Foodhall, makes it easy

What is Eat Well?

Our exclusive Eat Well sunflower makes it simple to make healthier, but still delicious, choices – it's like shopping with a nutritionist.

Expert Knowledge

An M&S product only gets the Eat Well sunflower if it fulfils evidence-based nutritional criteria reviewed by our expert nutritionists, in line with healthy-eating guidelines.

Plenty of Choice

There are more than 1,400 Eat Well products across our Foodhall, to help you get the variety you need for a balanced diet.

Keep it Simple

No points system, nothing complicated or time-consuming – just an easy way to make healthier choices.

Healthy Benefits

Find the different ways Eat Well products are good for you by reading the info in the yellow box on the back of the pack, and the best bit about Eat Well? Because it's M&S, you know whatever you choose will taste amazing, too.

Eat Well: Deliciously healthy food, best enjoyed as part of a healthy lifestyle & a balanced varied diet.

Meet our nutritionists

Senior nutritionist Laura Street and nutritionist Sophia Linn are our in-house experts on all things healthy eating. Thanks to their in-depth knowledge, it's easy for you to make healthy food choices by choosing products with the Eat Well Sunflower.

"Healthy eating needn't be complicated" says M&S nutritionist Sophia Linn. "Our Eat Well sunflower makes eating healthily simple, without compromising on taste".





What makes a balanced plate?

Senior nutritionist Laura Street has some top tips on how to balance your plate: “Start with fruit and veg, then add a starchy carb, choosing wholegrains to add fibre.

Including a source of protein is important, whether from legumes and beans or meat and fish. Then think about dairy, or dairy alternatives (if you’re avoiding dairy, choose products that are fortified).”

Laura’s creamy salmon pasta is a great example. Simply cook and combine the below for a delicious healthy meal:

- ½ pack M&S asparagus and mixed vegetable selection, which includes two of your five-a-day and is high in plant-based protein.
- 100g wholewheat penne, which is high in fibre. Carbohydrates contribute to normal brain function.
- One Scottish salmon fillet, which is high in protein and omega 3 fatty acids.
- 15g half-fat crème fraiche, which is high in vitamin A.

100g of half-fat crème fraiche is >15%RI vitamin A (McCance and Widdowson). 80g of fresh fruit and veg counts as one of your five-a-day. 100g of salmon is high in protein and omega 3 fatty acids. 100g of wholewheat penne contains >6g of fibre.