EatWell
Your guide to healthy eating

8 tips for making healthier choices

FOOD STANDARDS AGENCY
This booklet gives you some practical tips on eating well to help you feel your best.

The two keys to a healthy diet are:

- eating the right amount of food for how active you are
- eating a range of foods to make sure you’re getting a balanced diet

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some dairy foods.

The advice in this booklet is suitable for most people. But if you want information for children or older people, or if you are pregnant, breastfeeding or trying for a baby, take a look at the other booklets listed on the back cover or visit: eatwell.gov.uk/agesandstages
Eight tips for eating well

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Try to eat less salt – no more than 6g a day for adults
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don’t skip breakfast

And remember to enjoy your food!
1. Base your meals on starchy foods
Starchy foods such as bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet. Try to choose wholegrain varieties whenever you can.

Starchy foods should make up about a third of the food we eat.

They are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, these foods contain fibre, calcium, iron and B vitamins.

Most of us should eat more starchy foods – try to include at least one starchy food with each of your main meals. So you could start the day with a wholegrain breakfast cereal, have a sandwich for lunch, and potatoes, pasta or rice with your evening meal.

Some people think starchy foods are fattening, but gram for gram they contain less than half the calories of fat. You just need to watch the fats you add when cooking and serving these foods, because this is what increases the calorie content.

**Why choose wholegrain?**

Wholegrain foods contain more fibre and other nutrients than white or refined starchy foods.

We also digest wholegrain foods more slowly so they can help make us feel full for longer.

Wholegrain foods include:

- wholemeal and wholegrain bread, pitta and chapatti
- wholewheat pasta and brown rice
- wholegrain breakfast cereals
2. Eat lots of fruit and veg
Most people know we should be eating more fruit and veg. But most of us still aren’t eating enough.

What is a portion?
One portion of fruit and veg = 80g, or any of these:

- 1 apple, banana, pear, orange or other similar size fruit
- 2 plums or similar size fruit
- ½ a grapefruit or avocado
- 1 slice of large fruit, such as melon or pineapple
- 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned)
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice) or stewed fruit
- 1 heaped tablespoon of dried fruit (such as raisins and apricots)
- a dessert bowl of salad
- a glass (150ml) of fruit juice (counts as a maximum of one portion a day)
- 1 cupful of grapes, cherries or berries

Try to eat at least 5 portions of a variety of fruit and veg every day. It might be easier than you think.

You could try adding up your portions during the day.

For example, you could have:

- a glass of juice and a sliced banana with your cereal at breakfast
- a side salad at lunch
- a pear as an afternoon snack
- a portion of peas or other vegetables with your evening meal

Choose from fresh, frozen, tinned, dried or juiced, but remember potatoes count as a starchy food, not as portions of fruit and veg.