



Eat Well

Be Healthy

*your guide to
healthy eating*

Food provides energy and nutrients which we need to stay healthy.

No single food contains all the nutrients needed, so eating a variety of foods will help you get the right amount.

The Eatwell Plate represents the types of foods and the amounts in which you need to eat them to have a well balanced, healthy diet. Foods that are eaten as snacks and between meals count as well as food eaten at mealtimes.

Fruit and Vegetables

Fruit and vegetables provide essential vitamins, minerals and fibre.

Have at least five portions daily



Meat, Fish, Eggs, Beans, and other non-dairy sources of protein

These foods provide us with protein, iron, B-vitamins and omega-3 fatty acids.

Have two to three portions daily

- This leaflet shows you how to change your diet to achieve a healthy balance.
- Start with small, practical changes that suit your lifestyle and which you can maintain.
- You don't have to change everything at once. Start with one or two changes and then gradually introduce others.

Eatwell Plate



Bread, Rice, Potatoes, Pasta and other starchy foods

These foods form the basis of your diet. Wholegrain varieties will make you feel full for longer. They provide energy, B-vitamins and fibre. Have five to six portions a day with some in every meal

Milk and Dairy Foods

These foods provide protein and calcium for strong bones and teeth. Have two to three portions daily

Foods & Drinks High in Fat and/or Sugar

Fatty foods are high in calories and most are high in saturated fat which is bad for your heart. Sugary foods are not essential for health but are often eaten as treats. Eat foods from this group sparingly

The Eatwell Plate applies to the majority of the population including vegetarians and those who are overweight. It does not apply to the under-fives or people who are underweight as these groups usually require diets which are more energy and nutrient dense.

Fruit and vegetables

5 a Day

Fruit and vegetables are all good sources of minerals, vitamins and fibre, whether fresh, frozen, canned or dried

Most of us do not eat enough fruit and vegetables. Try to eat at least five portions of fruit and vegetables each day, including some vegetables as well as some fruit.

Avoid preparing vegetables too far in advance or overcooking them, as most vitamins will be lost. Place vegetables in a small amount of boiling water and cook for a short time in as little water as possible. You can also use a steamer or a microwave.



What is a portion?

- 1 medium sized fruit such as apple, orange or a small banana
- 2 small fruits such as satsumas, plums or kiwi
- 1 tablespoon of dried fruits such as raisins or 3-4 apricots
- 1 handful of grapes, strawberries (about 15) or berries (about 25)
- 1 medium sized glass (150mls) of fruit juice or smoothie
- 2 tablespoons of fresh, cooked or frozen vegetables
- 1 bowl of salad
- 1 small tin of fruit (in juice not syrup), vegetables or pulses such as tomatoes or kidney beans

Eat at least five portions of fruit and vegetables a day

Bread, rice, potatoes, pasta

1-3 portions each meal

Starchy foods should make up the main part of most meals

Examples include bread, chapattis, pitta bread, rice, pasta, matzos, potatoes, yams, green bananas and breakfast cereal.

It is often thought that starchy foods are fattening. This is not true, but they become so if either served or cooked with fat.

Wholegrain varieties of starchy foods are a particularly good choice – for example granary bread and wholewheat pasta. These are rich in a type of fibre that helps prevent constipation and some other bowel disorders.

They also contain more vitamins and minerals and are more filling than refined or white versions.

When you have plenty of fibre in your diet you need to take plenty of fluids too – at least six to eight cups each day.



Eat more wholegrain varieties and those without added fat and sugar

What is a portion?

- 3 tablespoons of breakfast cereal or dry porridge oats
- 1 Shredded Wheat or Weetabix
- 1 large slice (medium thickness = 35g/1¼oz) bread or toast
- Half a large bread roll or bagel
- 1 mini pitta bread or 1 small chapatti (without fat) or ½ a tortilla wrap
- 3 crackers or 2 crisp breads
- 2 egg-sized potatoes
- 1 small jacket potato or sweet potato (100g/3½oz, about the size of a computer mouse)
- 2 tablespoons mashed potato (without added fat)
- 2 heaped tablespoons of cooked rice (25g/1oz uncooked)
- 3 tablespoons of cooked pasta (75g/2½oz), noodles or cous cous (25g/1oz uncooked)
- ½ plantain or green banana
- 1 crumpet or ½ an English muffin
- 1 small slice of malt loaf (30g/1oz)

Meat, fish, eggs, beans, etc.

2-3 portions daily

This food group is an important source of protein, vitamins and minerals

Red meat is a particularly rich source of iron which is needed for healthy blood. However red meat is higher in saturated fat than white meat or fish so choose leaner cuts. Nuts are rich in minerals such as calcium and zinc. Pulses, such as beans, peas and lentils, are low in fat and a good vegetarian source of protein. They are also high in soluble fibre. This type of fibre helps to lower blood cholesterol and is filling.

Try to have 2-3 portions from this group each day. Wherever possible, choose lean or low fat meat and meat products to reduce the amount of saturated fat you eat. Grilling or roasting is preferable to frying.

It is recommended that you have 1 portion of white fish or fish product and one portion of oily fish each week. Oily fish is high in omega 3 fatty acids which are thought to be good for the heart. Omega 3 fatty acids can also be found in nuts, seeds and their oils.

Choose lean cuts of meat, and low fat meat products

Two portions of fish a week, one of them oily

What is a portion?

- 100g (4oz) raw lean meat, chicken without skin or oily fish
- 50-70g (2-3oz) cooked lean meat, chicken without skin, or oily fish such as sardines, mackerel, salmon or pilchards
- 100-150g (4-5oz) cooked white fish, not in batter
- 4 tablespoons baked beans, chickpeas, lentils or other pulses
- 2 eggs
- 100g/3½oz soya or torfu
- 40g/1½oz nuts or seeds

Examples of oily fish are:

Anchovies, herring, kipper, mackerel, pilchards, salmon, sardines, trout, fresh tuna, whitebait.



Milk and dairy foods

2-3 portions daily

This group is a rich source of calcium which is needed for strong bones and teeth

Choose lower fat versions such as skimmed or semi-skimmed milk, reduced-fat cheese and yoghurt.

What is a portion?

- 200ml / $\frac{1}{3}$ pint of semi-skimmed milk
- 30g / 1oz of cheese (size of a matchbox)
- 1 medium pot of natural or low fat yoghurt

Choose low fat versions of these foods whenever possible



Whole Milk

4g of fat per 100ml

Semi-skimmed

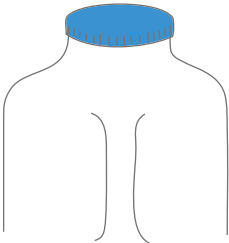
2g of fat per 100ml

One-percent

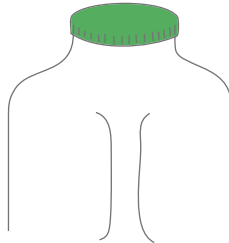
1g of fat per 100ml

Skimmed

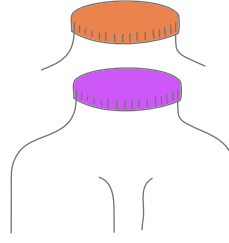
0.3g of fat per 100ml



Blue top

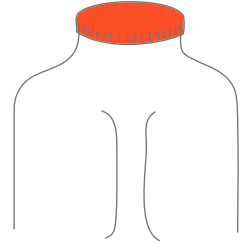


Green top



Orange or

Purple top



Red top

Foods & drinks high in fat and/or sugar

Diets high in fat and sugar tend to be high in calories, which may lead to weight gain

Being overweight increases your risk of developing diseases including heart disease, diabetes, high blood pressure and some cancers

Fats

In the UK our diets are generally too high in fat, therefore it is recommended that we cut down the total amount of fat that we eat, and when possible choose unsaturated fats rather than saturated fats.

1. Saturated fat

This type of fat has been shown to increase your risk of heart disease.

Foods rich in saturated fat are: meat and meat products, palm oil, coconut oil, dairy foods, butter, cakes, biscuits, puddings and chocolate.

2. Unsaturated Fat

These types of fat are thought to reduce your risk of heart disease if

they replace saturated fat in the diet.

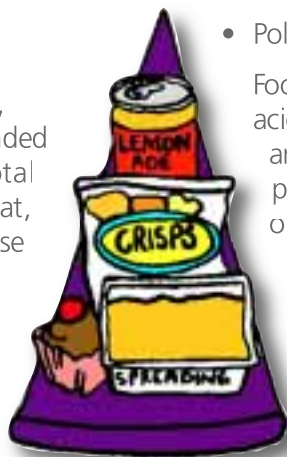
These are found mostly in foods such as vegetable and seed oils, soft margarines (labelled as high in unsaturated fats), nuts and fish.

- Monounsaturated fat

Foods rich in monounsaturates are the recommended choice, e.g. olive and rapeseed oil, avocados and most nuts.

- Polyunsaturated fat

Foods rich in polyunsaturated fatty acids are corn oil, sunflower oil and certain margarines. Certain polyunsaturated fats known as omega 3 fatty acids have been shown to reduce the bloods' potential to clot, and so reduce your risk of heart disease. The best source of this type of fat is oily fish (e.g. sardines, pilchards, salmon, mackerel, and fresh tuna).



3. Trans fatty acids

These are found in foods like hydrogenated margarines, cakes, pastries and biscuits. It is recommended that you cut down on these types of fat as they have been found to increase your risk of heart disease.

Fat - What is...	
Low	High
3g or below	Over 20g
Per 100g	

Sugars

Sugars, including sugar, corn syrup, honey and sweets, contain only calories, with few other nutrients

Eating sugar is a major cause of tooth decay, especially when sugary

Sugar - What is...	
Low	High
5g or below	Over 15g
Per 100g	

foods and drinks are consumed frequently throughout the day.

You do not need sugar for energy since you get calories from many other foods you eat.

Salt

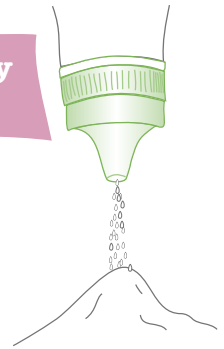
A diet high in salt can lead to high blood pressure

This in turn can cause heart disease, kidney disease and strokes

Try cutting the amount of salt you eat by not adding it to cooking, get out of the habit of adding salt to foods at the table and reducing the amount of processed foods you have.

Salt - What is...	
Low	High
0.3g or below	Over 1.5g
Per 100g	

Cut salt intake by about a third



Approximately 75% of the salt in our diets come from processed foods. Alternatively use herbs and spices to flavour foods.

Fluid

Dehydration can cause health problems such as constipation

It is important to drink plenty of fluid every day

Drinking approximately 1,800ml, (6 to 8 glasses) throughout the day is recommended.



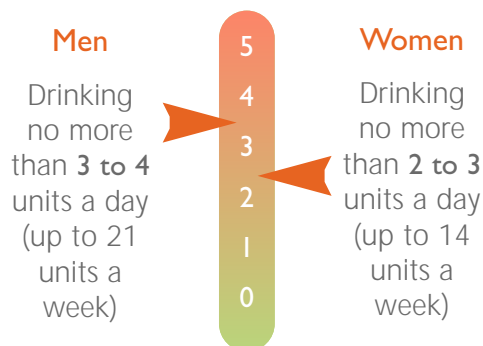
Try to avoid sugary drinks as they may damage your teeth and only provide empty calories.

Alcohol

For many people, drinking alcohol is a pleasant, social activity, however, drinking too much, or at the wrong time can cause problems

Drinking too much can add unneeded calories to the diet and can contribute to weight gain.

Safe Limits



In general men can drink between three and four units per day or less without significant risk to their health. Women can drink between two and three units per day or less without significant risk to their health.

Units



One 175ml glass of 12% wine = **2 units**



One pint of normal strength (3-3.5%) lager = **2 units**



One 275ml bottle of Alcopop (5.5%) = **1.5 units**



A single (25ml) measure of spirits (40%) = **1 unit**

Try to have at least two alcohol free days per week. For good health, spread your drinking throughout the week and avoid binge drinking.

Keep to sensible limits

You can use the equation below to calculate the exact number of units in a particular drink (1 pint=568ml):

$$\% \text{ alcohol content (ABV)} \div 1000 \times \text{volume of drink(ml)} = \text{units}$$

Healthy waist?

Waist measurement is a good way to check your fat distribution as this is linked to health risk

Carrying too much weight around your middle increases your risk of developing heart disease, high blood pressure and diabetes.

Waist measurement for:	Increased Risk	High Risk
European men	94cm (37in)	102cm (40in)
Asian men	90cm (36in)	100cm (39in)
European and Asian women	80cm (32in)	88cm (35in)

People who carry excess weight around their middle are often referred to as 'apple-shaped', whereas those who carry the weight on their hips are 'pear-shaped'. Women are usually 'pear-shaped', while men are more likely to be 'apple-shaped'.

Measuring your waist is an easy way of finding out whether you are an 'apple' or 'pear'.

Healthy weight?

Check to see if you are a healthy weight by using the weight and height chart overleaf.

Find your weight and mark it on the axis, then find your height and mark it on the axis. Run a line in from both these points, note where they

To measure your waist, find the bottom of your ribs and the top of your hips.

Measure around your middle at a point midway between these (for many people this will be the tummy button). Use the table to see if you are at risk of ill health. Remember these measurements refer to adults.

If you are at increased risk, now would be a good time to make healthy lifestyle changes that would reduce or prevent any further increase. If you are at high risk then losing weight and reducing your waist size would improve your health. Changing your eating habits and becoming more physically active would have many benefits.

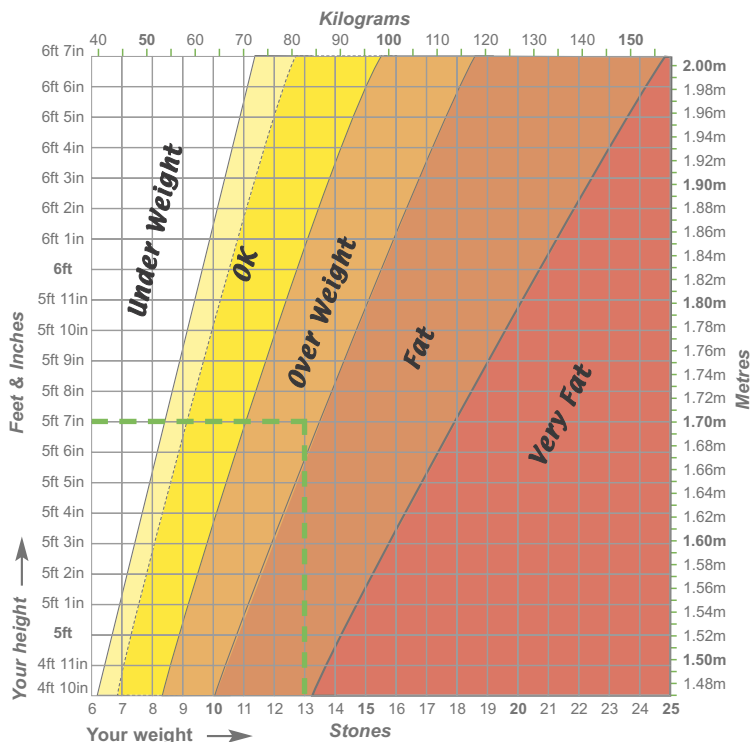
cross and see which category it falls into, e.g. as shown by the blue line example.

If you are underweight, this may be of concern. You may need to put on weight, in which case this should be done as part of a well-balanced

and nutritious diet. If your weight is very low, consult your GP.

If your weight is in the OK range, you don't need to lose weight. You're eating the right amount of food to keep your weight in the desirable range for health, but it is still important to make sure you're eating a healthy balanced diet. If your weight is at the lower end of the range, try to maintain it and don't be tempted to aim for the underweight category.

If you're overweight for your height, make sure you don't put on any more weight. Try to cut down on the amount you're eating, especially food and drinks high in fat or sugar, and try to do more physical activity, at least half an hour a day is recommended. Aim to lose half to one kilogram (one to two pounds) a week, until you get down to the OK weight range. Eat



regular meals as skipping meals may cause you to fill up on fatty/sugary snacks. Breakfast is particularly important. Follow the advice in this leaflet - Doing so will improve your diet and help you to maintain a healthy weight.

If your weight has reached the obesity level (or 'fat/very fat' on the chart), this could increase your risk of heart disease, Type II diabetes, high blood pressure and osteoarthritis. If you fall into this group, it is important for you to lose weight. If you've had problems trying to lose weight in the past, check with your GP first.