

Healthy Eating



Simple Ways to Eat Healthily

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 Balance of Good Health 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.

- If you would like to improve your diet, try starting with the suggestions in this leaflet that you will find easiest to make.
- 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.

Fruit and Vegetables

Fruit and vegetables provide essential vitamins, minerals and fibre.

Have at least five portions daily



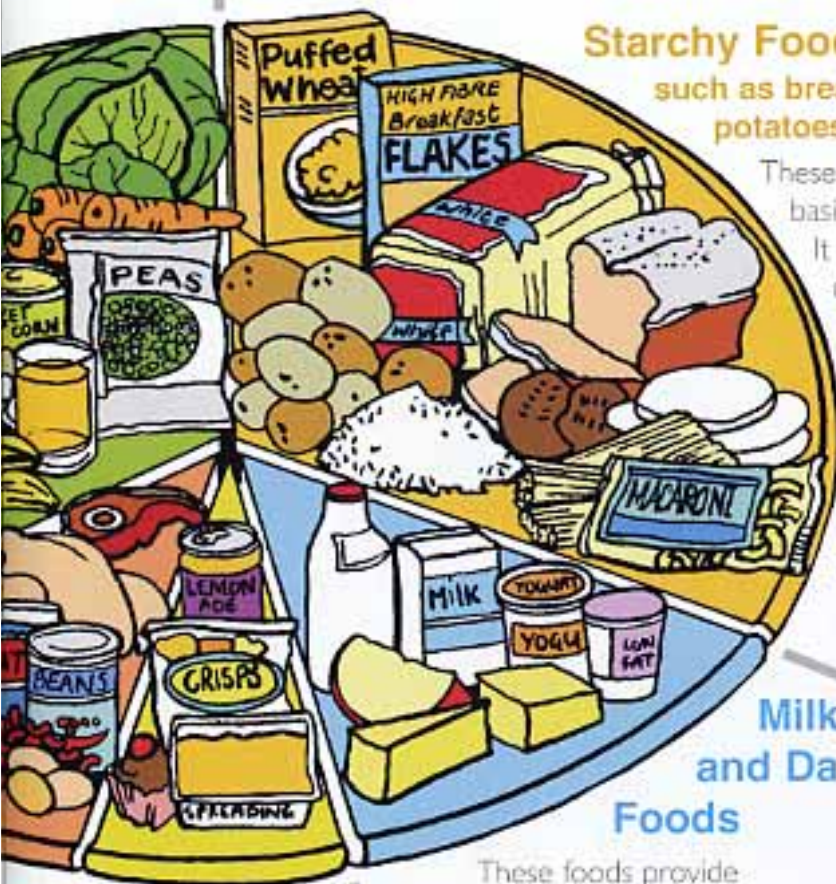
Meat, Fish and Alternatives

such as nuts, pulses and eggs

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

Have two to three portions daily

Balance of Good Health



Starchy Foods

such as bread cereals and potatoes

These foods form the basis of your diet.

It is best to fill up on these at each meal. They provide energy, B-vitamins and fibre.

Have one to three portions at every meal

Milk and Dairy Foods

These foods provide protein and calcium for strong bones and teeth.

Have two to three portions daily

Foods With 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 Balance of Good Health 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

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

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, some fruit and some salad.

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 fruit such as raisins, or apricots
- 1 handful of grapes, strawberries (about 15) or berries (about 25)
- 1 slice of melon or pineapple
- 2 tablespoons of fresh, cooked or frozen veg
- 1 bowl of salad
- 1 small can of tinned fruit, veg or pulses such as tomatoes or kidney beans
- 1 medium sized glass of fruit juice (150ml)

Eat at least five portions of fruit and vegetables a day

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 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 of these foods
Preferably whole grain
varieties and those without
added fat and sugar**

What is a portion?

- 3 tablespoons of breakfast cereal
- 1 Shredded Wheat or Weetabix
- 1 large slice (medium thickness = 35g) bread or toast
- Half a large bread roll
- 1 mini or picnic-size pitta bread or 1 small chapatti (without fat)
- 3 crackers
- 4 crisp breads
- 2 egg-sized potatoes
- 1 small jacket potato or sweet potato (60g, about the size of a computer mouse)
- 2 tablespoons mashed potato (without added fat)
- 1½ heaped tablespoons of cooked rice
 - 2½ heaped tablespoons of cooked pasta or noodles
 - ½ plantain or green banana
 - 1 crumpet or English muffin
 - 1 small slice of malt loaf (30g)

Meat, fish and alternatives

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 fat than white meat and should not be eaten too often. White fish is a low fat source of protein, while there is some evidence that oily fish offers protection against heart disease. Nuts are rich in minerals such as calcium and zinc. Pulses, such as beans, peas and lentils, are low in fat and 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

Choose lean cuts of meat, and low fat meat products

Two portions of fish a week, one of them oily

What is a portion?

- 50-70g/2-3oz of meat or oily fish
- 100-150g/4-5oz of white fish (not fried in batter)
- 3 tablespoons of baked beans or other pulses such as lentils or chickpeas (100g cooked)
- 50g of meat, salmon, sardines or pilchards
- 30g mackerel / 60g trout
- 1 small egg

fatty acids which are thought to be good for the heart. Omega 3 fatty acids can also be found in peanuts, tofu and linseed.

Oily fish include:

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



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. Be aware of foods from this group that are very high in fat such as cream cheese.

What is a portion?

- 200ml / $\frac{1}{3}$ pint of semi-skimmed milk or 250ml of skimmed milk
- 40g / $1\frac{1}{2}$ oz of cheese (matchbox size)
- 1 medium pot of natural or low fat yoghurt

Choose low fat versions of these foods whenever possible



Whole Milk

22 grams of fat per pint



Blue top

Semi-skimmed

9 grams of fat per pint



Green top

Skimmed

0.6 grams of fat per pint



Red top