

The 8 tips for healthy eating

Tips for healthy eating	Why?	Ideas to achieve the tip
<p>1 Base your meals on starchy carbohydrates</p>	<p>Starchy foods provide energy (calories), as well as dietary fibre, calcium, iron and B vitamins.</p> <p>Did you know? Starchy carbohydrate foods contain fewer than half the calories of fats per gram. Most people need to eat more of these types of foods, especially those high in fibre, so try to include an item from this group in each of your main meals.</p>	<p>Can you think of some ideas? <i>Breakfast</i> – porridge or wholegrain cereals. <i>Lunch</i> – sandwich made with whole meal bread, jacket potato or wholegrain rice salad. <i>Dinner</i> – pasta, potatoes or rice with your evening meal.</p> <p>Starchy carbohydrate foods include potatoes, bread, pasta, rice and noodles. Where possible, it is recommended you choose wholegrain or higher fibre versions with less added fat, salt and sugar.</p>
<p>2. Eat lots of fruit and veg</p>	<p>Fruit and vegetables provide a range of nutrients, including vitamins and minerals, such as folate, vitamin C, potassium and dietary fibre. Fresh, frozen, canned, dried and juiced fruit and vegetables all count.</p> <p>Fruit juice and smoothies are also a source of free sugars and so you should, therefore, limit consumption to no more than a combined total of 150ml per day.</p> <p>Our free sugar intake should not exceed 5% of total dietary energy however at the moment on average we are exceeding this amount.</p>	<p>Try to eat at least 5 portions of a variety of fruit and vegetables every day (5 A DAY). Add to cereal, have as a healthy snack on the go, apple/banana/orange, etc. Potatoes do not count towards 5 A DAY as they are a starchy food.</p> <p>What is a portion? One adult portion of fruit or vegetables is 80g. Young children may need less depending on their age and size. As a rough guide, one portion is the amount they can fit in the palm of their hand. Only one glass of fruit juice and smoothie counts towards our 5 A DAY, no matter how much we drink. This is because much of the fibre is lost through juicing.</p>
<p>3. Eat more fish – including a portion of oily fish</p>	<p>Fish is a good source of protein and provides many vitamins and minerals.</p>	<p>Salmon, mackerel, pilchards, sprats, trout and sardines are all oily fish.</p>

	<p>Fish can provide essential nutrients, such as protein, to the diet and is a good source of many vitamins and minerals. Oily fish are one of the only natural food sources of vitamin D, which is important for bone health and is also our main source of long chain omega 3, which is important for heart health.</p>	<p>The governments recommendations are to try to eat at least two portions (1 portion =140g) of fish a week, including a portion of oily fish.</p> <p>Fresh and canned tuna do not count as oily fish as the amount of long-chain omega 3 fatty acids are similar to those in other fish.</p>
4.Cut down on saturated fat and sugar	<p>We all need some fat in our diet, but it is important to get the right type and amount. There are two main types of fat: saturated and unsaturated.</p> <p>Eating too much saturated fat can increase blood cholesterol levels which can increase the chance of developing heart disease.</p> <p>Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, pies, pastry, cream and butter.</p> <p>Did you know? There's good evidence that replacing saturated fats with polyunsaturated fats can help lower cholesterol</p>	<p>Try to cut down on foods high in saturated fat and replace with foods that are high in unsaturated fats, such as vegetable oils, oily fish, avocados, nuts and seeds.</p> <p>Use food labels to check how much saturated fat and sugar foods contain. More than 5g of saturated fat per 100g of food means that it is high in saturates. More than 15g of sugar per 100g of food means that the food is high in sugar.</p> <p>You can also use the traffic light system on the front of pack to determine whether a food is high or low in saturated fat or sugar.</p>
5.Eat less salt	<p>Maintaining a normal blood pressure is important for health.</p> <p>Eating too much salt may raise blood pressure and lead to stroke and heart disease.</p> <p>Did you know? Adults should eat no more than 6g of salt each day, children under 11 years should eat less. You can use food labels to help you cut down.</p>	<p>Most of our salt intake comes from processed foods rather than salt added during cooking or at the table, so it is recommended to always check food labels for the salt content.</p> <p>You can use food labels to help you cut down. When comparing foods, a high salt content is more than 1.5g salt per 100g of food and low is 0.3g salt or less per 100g.</p>
6.Get active and be a healthy weight	<p>To achieve a healthy weight, we need to balance the energy from food and drinks with the energy we use up through activity.</p>	<p>Active living, e.g. brisk walking, gardening, using the stairs.</p> <p>Active recreation, e.g. playing, dancing, cycling, skateboarding.</p>

	<p>Being active can reduce the risk of type 2 diabetes, heart disease and stroke and help maintain a healthy weight. Being overweight or obese can lead to health conditions such as type 2 diabetes, some cancers, heart disease and stroke.</p> <p>Being underweight could also affect our health. week and perform strength exercises on two or more days a week that work all the major muscles.</p>	<p>Organised sport, e.g. basketball, netball, running, gymnastics.</p> <p>Young people should do at least 60 minutes of physical activity of moderate to vigorous intensity every day. Adults should aim to be active daily and achieve at least 150 minutes of physical activity of moderate intensity every</p>
7. Don't get thirsty	<p>Around two-thirds of the body are made up of water. We lose water throughout the day when we breathe, sweat and use the toilet.</p> <p>When our bodies do not have enough water, we are said to be dehydrated. We need to drink around 6-8 glasses of fluid every day to stop us getting dehydrated. More when the weather is hot or when we are active.</p> <p>Apart from water, most drinks count towards your fluid intake – but not alcohol.</p>	<p>Did you know?</p> <p>Common signs of dehydration are:</p> <ul style="list-style-type: none"> • thirst; • dark-coloured urine; • lack of energy; • not passing much urine when you go to the toilet; • headaches; • feeling lightheaded. • <p>Always have a water bottle with you - set an alarm to remind you.</p> <p>Get a bottle that is funky, and you like.</p> <p>Set yourself a goal. You'll feel the benefit.</p>
8. Don't skip breakfast	<p>Eating breakfast provides us with energy as well as some important nutrients that we need for good health.</p> <p>Breakfast can help to increase concentration and alertness during the morning.</p>	<p>A healthy breakfast of wholegrain breakfast cereal or a slice of toast with low fat spread and a glass of fruit juice, will give our bodies the energy and nutrients we need to start the day.</p> <p>Prepare breakfast the night before.</p> <p>Set your alarm a bit earlier so you have time.</p> <p>Chose breakfast you like, it doesn't need to be sweet, egg on toast, cheese on toast,</p>

Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

One portion is

Brown roll
One small



Cooked pasta
Two tablespoons or...



Uncooked pasta
One handful



Pitta bread (brown)
Half



Rice
Two heaped tablespoons



Rice cakes
Three



Weetabix
One



Oven chips
Nine



Potato
One fist-size



Egg noodles
Half a pack



Brown bread or toast
One slice of medium sliced



Crackers
Three



Wrap
Half a wrap



Plantain
One



Crumpet
One whole



Baguette
Length of a hand



English muffin
Half a muffin



Bagel
Half a bagel



Granola
One tablespoon



Muesli
Two tablespoons



Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

One portion is

Mash potato
Three tablespoons



Cornflakes
Three tablespoons



Oats (porridge)
Three tablespoons / 27g uncooked



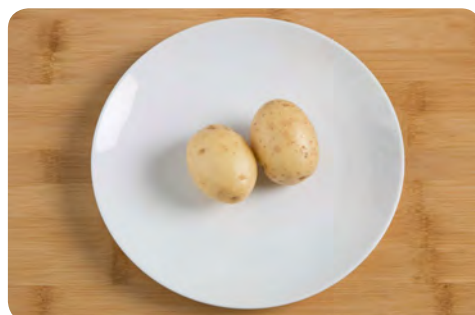
Spaghetti
One handful



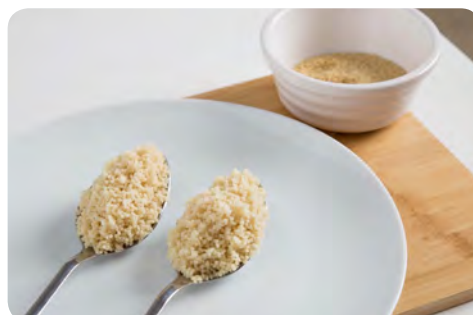
Crispbreads
Two crispbreads



Potatoes
Two egg-sized



Couscous
Two tablespoons



Look at your plate size



Using larger plates can make a serving of food appear smaller, encouraging us to fill our plates and eat more than we need.

Dairy foods and alternatives

Three portions a day for men and women

One portion is

Cheese (preferably low-fat)
(Brie, Camembert, Edam)
One index finger (l), fingertip (h)*



Reduced-fat or low-fat cream cheese varieties
Two tablespoons



Cream cheese
One tablespoon



Cottage cheese
Three heaped tablespoons



Milk
(semi-skimmed or skimmed)
One small glass (200ml)



Alternative milks
(Soya, nut, rice milks)
One small glass (200ml)



Low-fat natural yogurt
One small pot 150g



Natural yogurt
Three tablespoons



* length (l) and height (h)

This group doesn't include butter, margarine or cream.

If you don't drink milk or eat dairy foods, it's good to use a milk substitute like soya milk, with added calcium – go for the unsweetened versions.

The fat content varies a lot between foods in this group. Choose lower-fat versions when you can.

Swap cream for low-fat natural yogurt and increase your portion size



Fruit and vegetables

Five or more portions a day for men and women

One portion is

Grapes
One handful



Cherries
Nine



Okra
Nine



Pear
One whole



Root vegetables
(such as carrots, swede, beetroot)
Three heaped tablespoons



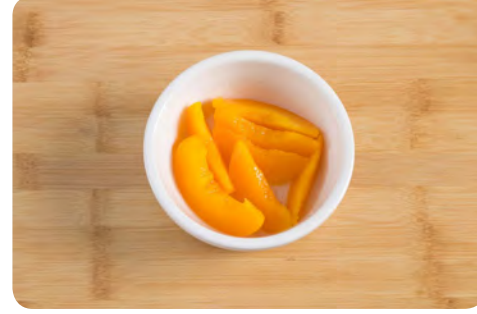
Peas
Three heaped tablespoons



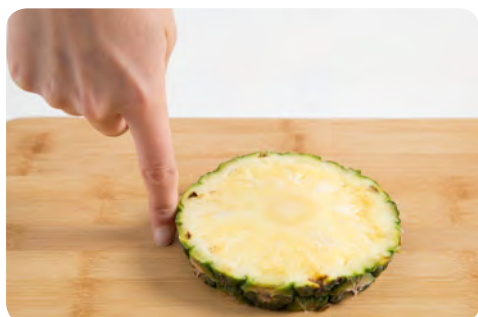
Plums
Two



Tinned fruit in natural juice
Three heaped tablespoons



Pineapple
One slice (fingertip thick)



Fruit juice
One small glass (150ml)
(no more than one a day)



Grapefruit
Half



Salad
Two heaped handfuls or 80g



Broccoli
Eight florets



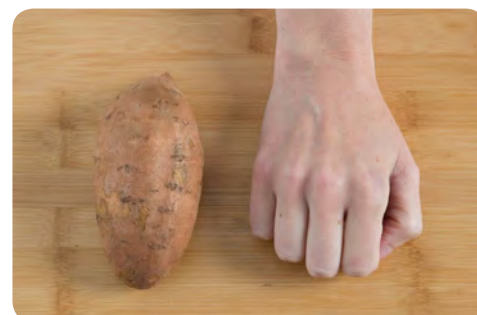
Button mushrooms
14



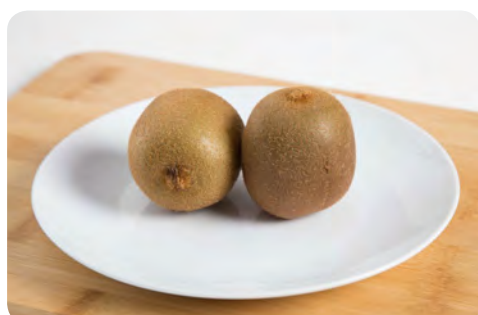
Sweet corn
Three heaped tablespoons



Sweet potato
One fist-size



Kiwi
Two



Strawberries
Seven



Banana
One



Nectarine
One



Fruit and vegetables

Five or more portions a day for men and women

One portion is

Tomato
One whole



Dried fruit
One heaped tablespoon



Apple
One whole



One portion of beans and pulses
(count as one of your five a day)
Three tablespoons



Potatoes, yams and plantain don't count towards your five a day.

Fruit juice and/or smoothies are high in free sugars so should be limited to no more than a combined total of 150ml.

Dried fruits are quite concentrated in calories. Keep to only one portion a day.

Avocado pears are high in calories. One portion is half an avocado.

Only one portion of beans and pulses count as a one of your 5 a day. Additional portions will be counted as part of your beans, pulses, fish eggs and other protein food group.



Small fruit portion = as many as you can fit into the palm of your hand

E.g. grapes, blueberries, blackberries, raspberries, strawberries, gooseberries

Medium fruit portion = two fruits

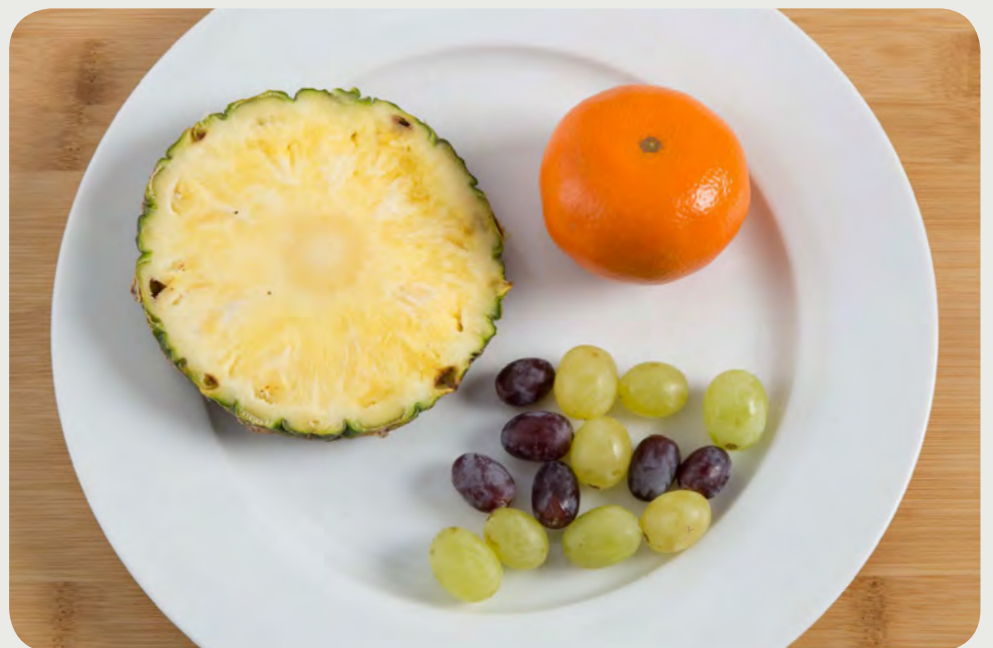
E.g. plums, satsumas, kiwi

Whole fresh fruit = one fruit

E.g. apple, pear, orange, banana

Large fruit portion = one slice a fingertip length thickness

E.g. pineapple, melon, grapefruit



Oils and spreads

One to two portions a day for men and women

One portion is

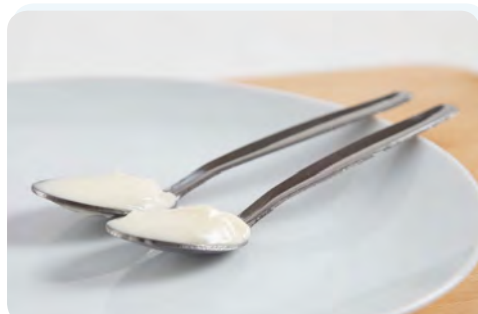
Mayonnaise/salad cream

One teaspoon



Low-fat mayonnaise or low-fat salad cream

Two teaspoons



Oil

One teaspoon



Butter

One teaspoon



Ghee

One teaspoon



Crème fraîche

Two teaspoons

Low-fat crème fraîche

Six teaspoons or two tablespoons



Low-fat spread

Two teaspoons



Oils and fats you use for cooking, baking or spreading are often high in saturated fat and calories, so you should only eat a small amount.

Try to choose unsaturated fats like olive oil or rapeseed oil, and eat less saturated fats like butter or ghee.

One tablespoon of oil is enough to use between four people.

Beans, pulses, fish, eggs, meat and other proteins

Three portions a day for men, two portions a day for women

One portion is

Cut ham
Five slices



Fish fingers
Three



Peanut butter
Two teaspoons



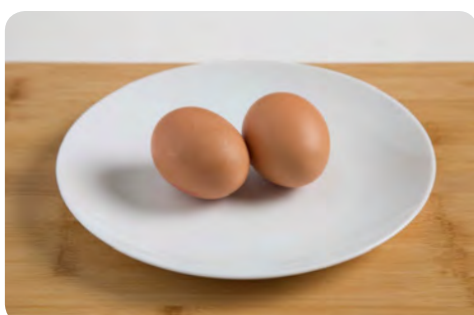
Oily fish
One palm-size



Tofu
One palm-size



Eggs
Two



White fish
One palm-size



Baked beans in tomato sauce
(low sugar and low salt if possible)
Half a 400g tin / One 200g tin



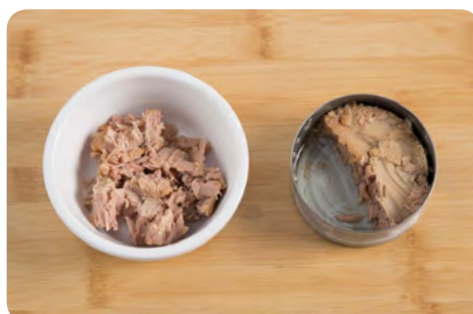
Unsalted nuts
One handful



Beans (kidney, chickpea)
Three heaped tablespoons



Tinned tuna
Half a large tin/one whole small
tin 160g



Cooked chicken
(without skin and visible fat removed)
One palm-size



Mince full-fat
Four level tablespoons



5% reduced-fat mince
Eight level tablespoons



Quorn mince
10 level tablespoons



Seeds
One heaped tablespoon



Pork sausages full-fat
One and a quarter



Reduced-fat pork sausage
Two



Quorn sausage
Two and a half



Wafer thin ham
11 slices



Beans, pulses, fish, eggs, meat and other proteins

Three portions a day for men, two portions a day for women

Some protein foods may be high in fat.

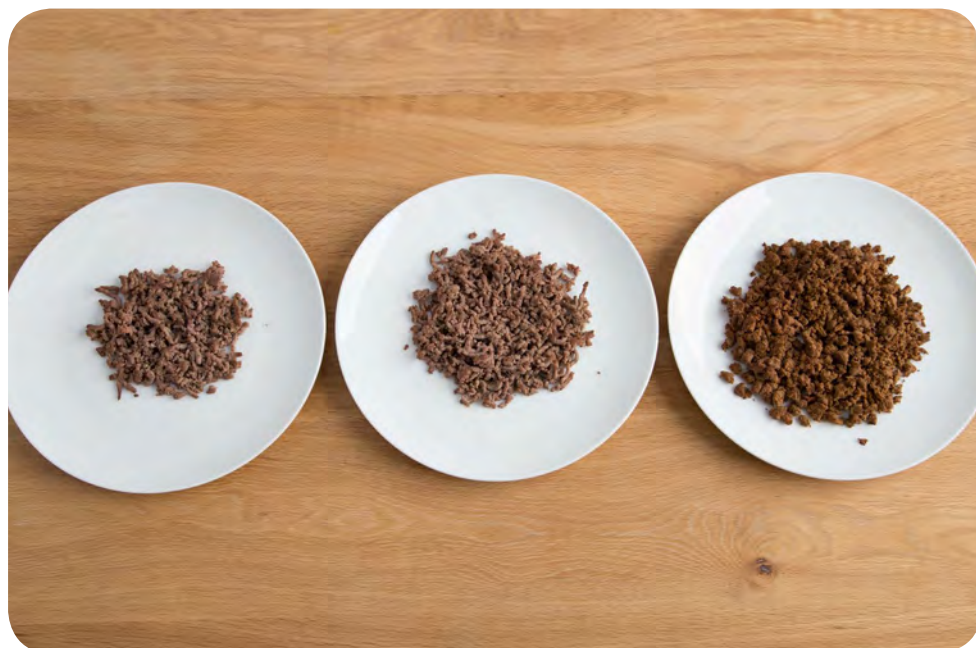
Choosing lower-fat alternatives will help you get enough protein without the extra fat and calories.

Choose lean cuts of meat, remove visible fat and skin on poultry and limit how often you eat processed meat such as burgers and sausages.

Try having fish, eggs, Quorn, beans a few times a week.

Cook without adding fat – bake, steam, grill, poach or microwave.

Increase your portion size by choosing reduced-fat options



From left to right: one portion of full-fat mince, one portion of 5% reduced-fat mince, one portion of Quorn



From left to right: one portion of full-fat sausages, one portion of reduced-fat sausages, one portion of Quorn sausages