

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.</p> <p>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.</p> <p>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



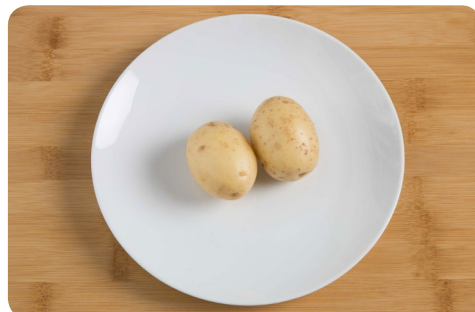
Crispbreads

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

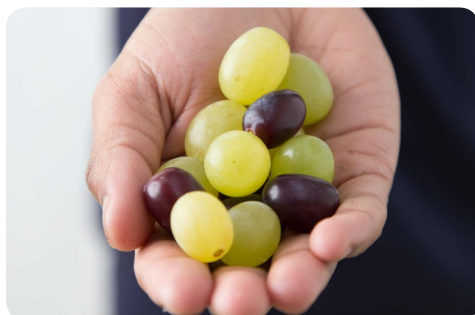


Fruit and vegetables

Five or more portions a day for men and women

One portion is

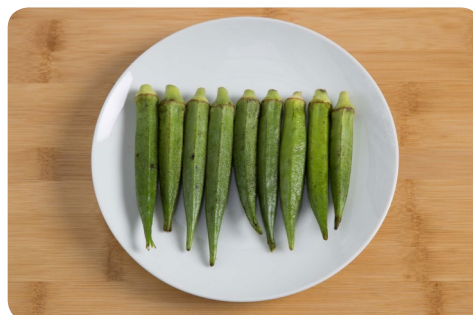
Grapes
One handful



Cherries
Nine



Okra
Nine



Pear
One whole



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



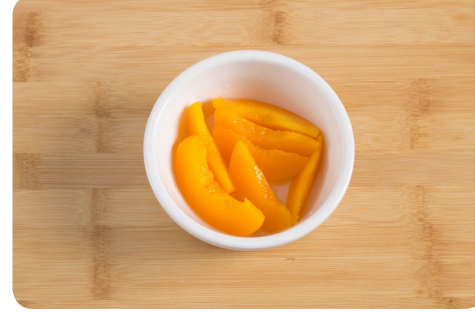
Peas
Three heaped tablespoons



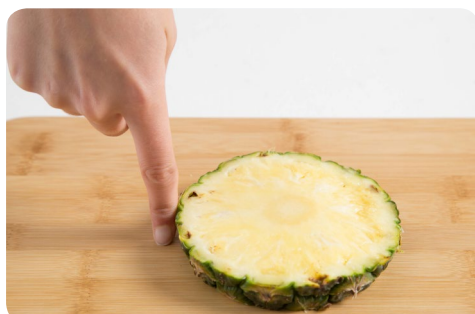
Plums
Two



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



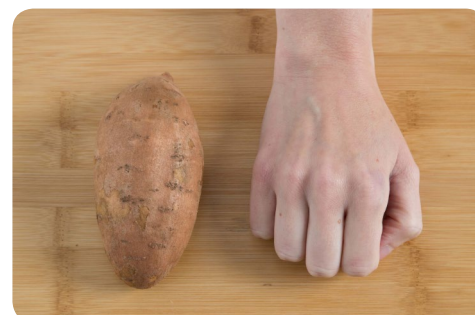
Button mushrooms
14



Sweet corn
Three heaped tablespoons



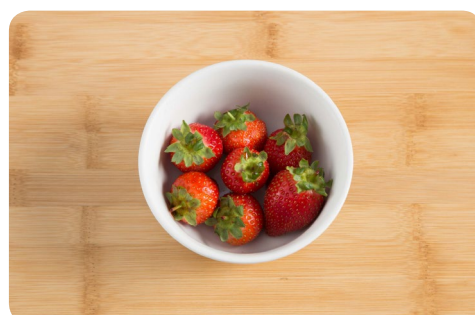
Sweet potato
One fist-size



Kiwi
Two



Strawberries
Seven



Banana
One



Nectarine
One

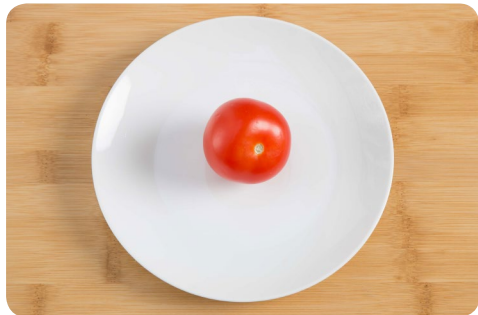


Fruit and vegetables

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.

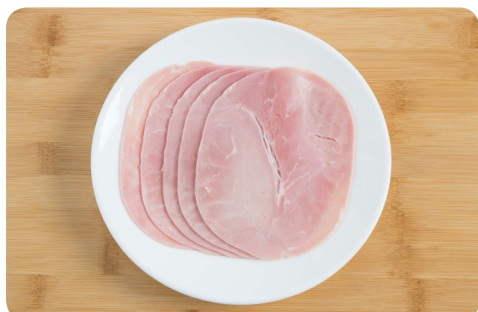
One tablespoon of oil is enough to use between four people.

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



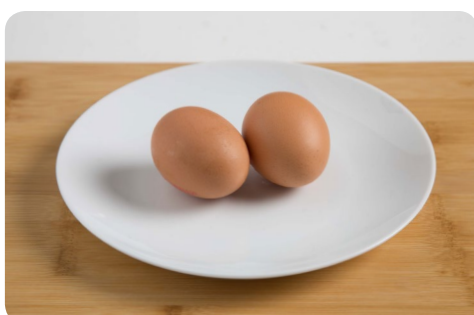
Oily fish
One palm-size



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



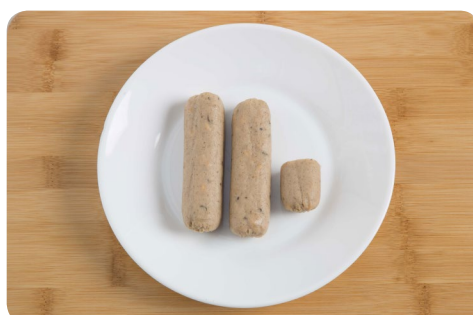
Pork sausages full-fat
One and a quarter



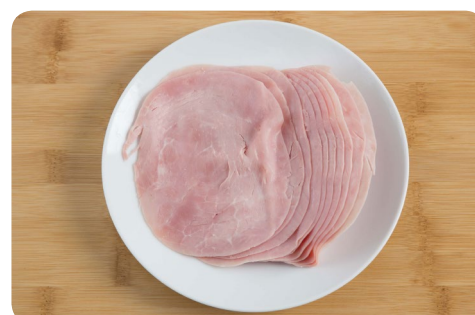
Reduced-fat pork sausage
Two



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.

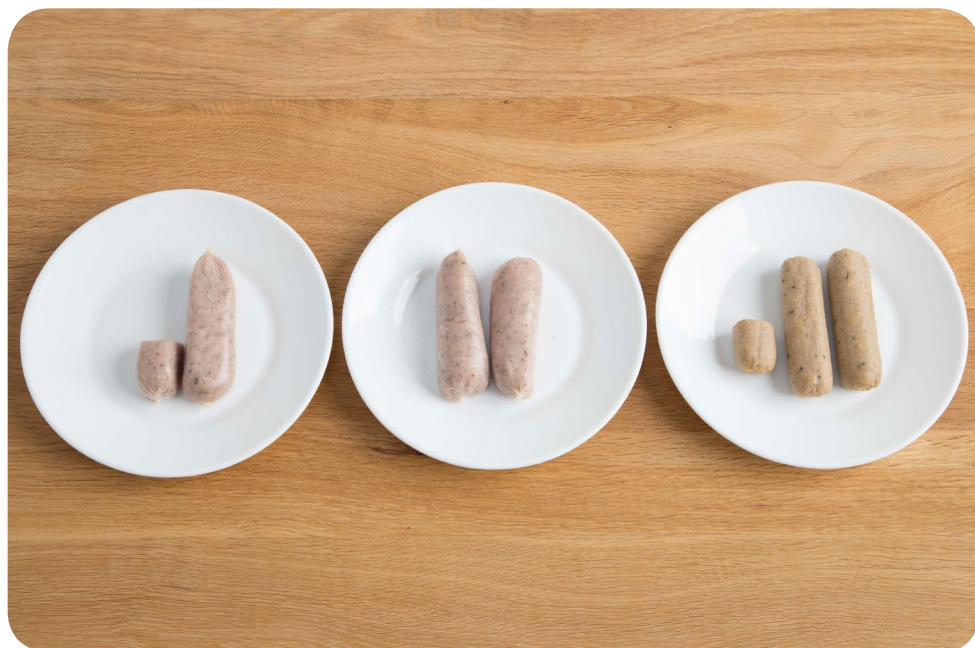
Try having fish, eggs, Quorn, beans a few times a week.

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

FOOD GROUP PORTIONS

Fruit and vegetables

A portion is 80g or any of these:

- 1 apple, banana, pear, orange or other similar-size fruit;
- 3 heaped tablespoons of vegetables;
- a dessert bowl of salad;
- 30g of dried fruit
(counts as a maximum of one portion a day);
- 150ml glass of fruit juice or smoothie
(counts as a maximum of one portion a day).

Potatoes, bread, rice, pasta and other starchy carbohydrates

Base your meals around starchy carbohydrate foods:

- start the day with a wholegrain breakfast cereal - choose one lower in salt and sugars;
- have a sandwich for lunch;
- round off the day with potatoes, pasta or rice as a base for your evening meal.

Protein

Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish. Most people should be eating more fish, but there are recommended limits for oily fish, crab and some types of white fish.*

***Please see**

www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx

Also www.msc.org/ for more guidance on sustainably sourced fish

If you eat more than 90g of red or processed meat per day, try to cut down to no more than 70g per day. The term processed meat includes sausages, bacon, cured meats and reformed meat products.

To cut down on fat:

- choose lean cuts of meat and go for leaner mince;
- cut the fat off of meat and the skin off of chicken;
- try to grill meat and fish instead of frying;
- have a boiled or poached egg instead of fried.

Dairy and alternatives

Go for lower fat and lower sugar products where possible. For example, try:

- 1% fat milk which contains about half the fat of semi-skimmed milk without a noticeable change in taste or texture;
- reduced fat cheese which is also widely available;
- have a smaller amount of the full-fat varieties less often;
- going for unsweetened, calcium-fortified versions when buying dairy alternatives.

The Eatwell Guide Quiz

1. How much fibre are adults recommended to consume per day?

10 grams

19 grams

25 grams

30 grams

2. Which one of the following food groups is not essential for health?

Oil and spreads

Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

3. True or false? People with type 2 diabetes should not follow the Eatwell Guide as they require special diets.

True

False

4. How many portions of fish is it recommended that we all consume per week?

0 portions

1 portion

2 portions, one of which is oily

At least 4 portions, of which 2 are oily

5. Which of the following counts as 1 of your 5-A-DAY?

Strawberry Jam

Fruit/vegetable juice or smoothies (150ml)

Potatoes

All of the above

6. How much fluid should you aim to consume per day?

1-3 glasses

4-6 glasses

6-8 glasses

As much as you can

7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?

As they are high in free sugars

As they are high in vitamin C

Because only water counts towards your fluid intake

As they never count towards your 5-A-DAY

8. Which of the following would help increase your fibre intake?

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above

9. True or false? Children under 2 should not drink low fat milk.

True

False

10. Why is butter not included in the 'Oil and spreads' section of the Eatwell Guide?

As it is low in saturated fat

As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten

The Eatwell Guide answers

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Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Oil & spreads

Choose unsaturated oils and use in small amounts

Dairy and alternatives
Choose lower fat and lower sugar options

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Vegan Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

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Choose foods lower in fat, salt and sugars

Eat at least five portions of a variety of fruit and vegetables every day



Walnuts
Ground linseed
Omega-3 fat

Vitamin D (autumn and winter minimum)
Vitamin B12
Iodine
Selenium



Vitamin and mineral checklist

Good nutritional planning is about balancing food groups well and using fortified foods and supplementation wisely. Use the Vegan Eatwell Guide to help you get all the nutrients you need without animal products.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8 a day
Water, sugar-free tea and coffee, and plain/unsweetened milk alternatives all count. Limit fruit juice and smoothies to a total of 150ml a day.

FORTIFIED!

Beans, peas, lentils and other proteins



Calcium-rich foods
Choose lower fat and lower sugar dairy alternatives



Choose unsaturated oils and use in small amounts

Additional Information

Healthy eating tips

- Aim to eat at least five portions of fruit and vegetables daily. A portion is around 80g.
- Eat starchy carbohydrates at mealtimes. Choose wholegrain varieties.
- Eat a variety of protein-rich plant foods. Include them in most meals.
- Eat at least two portions of calcium-rich foods daily: 200ml fortified milk alternative: 200g fortified soya yoghurt alternative, 70g calcium-set tofu (uncooked weight) or two slices of soya and linseed bread fortified with extra calcium are examples of one portion.
- Eat walnuts or seeds rich in omega-3 fat daily. Choose highly unsaturated dairy-free spread and oils, like vegetable (rapeseed) or olive oils, and use in small amounts.
- Stay hydrated by drinking six to eight glasses of fluid daily, including water, sugar-free tea and coffee, and plain/unsweetened milk alternatives. Limit fruit juice and smoothies to a total of 150ml a day.
- Limit foods with added fat, sugar and salt.

Sustainability tips

- Choose local and seasonal produce when possible.
- Plan food shops and buy frozen and tinned fruit and vegetables if this helps you to reduce food waste.
- Try to buy unpackaged food, or buy in bulk using recyclable, biodegradable or reusable packaging.
- Limit especially perishable fruit and vegetables and those that are pre-prepared, chopped or trimmed, e.g. salad bags or cut pineapple.
- Limit air-freighted fruit and vegetables, e.g. green beans from Africa or berries from the USA.

Nutrients that deserve special attention

Vitamin D supplementation:

- 10mcg daily
- Take during autumn and winter as a minimum
- D3 from lichen or D2 are animal-free options

Vitamin B12 options:

- Daily supplementation (at least 10mcg)
- OR weekly supplementation (at least 2000mcg)
- OR fortified foods – at least twice a day adding up to at least 3mcg

Daily iodine options:

- Supplement (140mcg)
- OR around 500ml milk alternative with added iodine
- OR one and a half to two sheets (4g) of nori

Daily selenium option:

- Supplement (60 or 75mcg)

Further information

Although the Vegan Eatwell Guide applies to people aged five years and above, some of the information here is specific to adults. For further information, including guides for every stage of life, check out vegansociety.com/nutrition and the VNutrition app.

These are general guidelines about nutrition. If you have concerns about your diet, please talk to your doctor about seeing a dietitian. Discussing the use of supplements with a health professional will help to ensure that they are suitable for you. Published 02/2020 and to be reviewed 02/2023.

Vegetarian Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Vegetarian Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



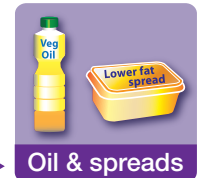
Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Vegetarian proteins: beans, pulses, eggs, nuts etc.
Eat a wide variety of vegetarian proteins including plenty of beans and pulses. Choose vegetarian meat-alternatives lower in fat and salt



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS