



Lines open Mon - Fri 10am - 6pm

**0808 801 0338**

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## Healthy Eating

Healthy eating is about eating a variety of foods to ensure that you get the right nutrients and energy that your body needs. It also needs to be the right amount. If you eat more calories than you use, you put on weight.

### Top tips for healthy eating

Healthy eating experts say that you should try the following:

- Eat at least five portions of fruit and vegetables per day; you can include one glass of fruit juice in this.
- Drink lots of water, around 6 to 8 glasses a day.
- Base your meals on starchy food like pasta, bread and potatoes in your meals; they should make up about a third of each meal.
- Try not to fry food, grill or bake instead.
- Go for low-fat options like skimmed milk.
- Make sure you have a healthy breakfast; you'll be less likely to want to eat unhealthy snacks in the morning.
- Cut down on salt, a lot of ready meals and processed foods already have a lot of salt in them so try not to add any more. Use herbs and sauces to flavour foods.
- Eat around 2 portions of oily fish per week, such as mackerel, salmon sardines or fresh tuna.
- Cut down on saturated fat and sugar, often found in pies, cakes, sweets and biscuits.
- As well as eating well, make sure you exercise to burn off the calories you eat.

### What are the food groups?

You can't get all your nutrients from one type of food so you need to eat a good balance of food from each of the following food groups:

- Carbohydrates such as pasta, bread, rice, potatoes, cereals, corn, oats noodles and millet. Unrefined wholegrain pasta, rice and bread are particularly good.
- Five portions of fruit and vegetables (see the 5 A Day section for more information)
- Protein, such as meat, fish, eggs, pulses, beans, soya and nuts. Lower fat options are better.



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- Dairy such as cheese, milk and yoghurt, go for low fat options, around half a pint of milk or yoghurt, or 30 grams of low-fat cheese is a good amount.
- Small amount of fat and sugar. You shouldn't completely cut out fat from your diet but it is better if it is unsaturated from vegetable and fish oils.

## 5 A Day

It's hard to miss being told you should eat five portions of fruit and vegetables per day, but what does that actually mean?

Here are some suggestions for what is classed as one portion:

- 1 medium apple
- 1 medium banana
- 2 satsumas
- 3 heaped tablespoons of peas
- 7 cherry tomatoes
- 3 heaped tablespoons of cooked kidney beans
- 1 medium glass of orange juice (only counts as portion so drinking five won't be enough!)

One portion should equal around 80 grams. Fresh, dried, frozen, chilled and canned food all count and fruit as can fruit and vegetables in ready meals. You need to check the labels of ready meals to make sure they don't have too much salt and sugar, or additives.

## Where to find help

[www.bdaweightwise.com](http://www.bdaweightwise.com) - Teenage food and nutrition website from the British Dietetic Association.

[www.takelifeon.co.uk](http://www.takelifeon.co.uk) - A healthier you one step at a time from the Scottish Government

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