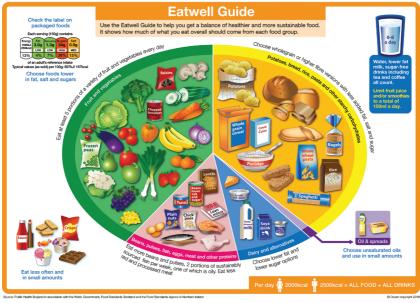# Healthy Eating

A good diet is important for our health and can help us feel our best. Our diets should contain a variety of different foods, to help us get the wide range of nutrients that our bodies need. A healthy diet can also keep your weight, blood pressure and cholesterol at a healthy level. This will help reduce the risk of developing coronary heart disease, having a stroke or becoming obese.

Eatwell Guide

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.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	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

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

Fruit and vegetables

Raisins
Chopped tomatoes
Frozen peas

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

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes
Whole grain cereal
Cous Cous
Porridge
Bagels
Whole wheat pasta
Rice
Spaghetti

6-8 a day

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.

Lentils
Tuna
Beans lower salt and sugar
Plain nuts
Chick peas
Lean mince

Low fat soft cheese
Semi skimmed milk
Soya drink

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

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

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts

Sauce
Crisps

Eat less often and in small amounts

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

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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What is a healthy balanced diet?

A healthy balanced diet will provide the body with all the nutrients it needs to ensure physical health and wellbeing. The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal but aim to get the balance right over a day or even a week.

A healthy diet includes:

- Plenty of fruit and vegetables, aiming for at least five portions each day.

- Plenty of starchy carbohydrate foods such as potatoes, bread, rice and pasta. Try to choose wholegrain foods like brown rice and whole wheat pasta.

- Two to three portions of milk and dairy products. Choose lower fat and lower sugar varieties.

- Two to three portions of protein, such as beans, pulses, fish, meat and other proteins. Aim for 2 portions of sustainable fish per week, one should be an oily fish i.e. salmon or mackerel.

- Choose unsaturated oils and spreads, and eat in small amounts.

- Limit foods high in fat, salt and sugar and eat in small amounts.

- Drink plenty of fluids – at least 6 to 8 glasses of water per day.

Calories

The key to a healthy diet is to eat the right amount of calories for how active you are so you can balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you'll put on weight because the energy you don't use is stored as fat. If you eat and drink too little, you'll lose weight.

On average, women should have around 2,000 calories a day and men should have around 2,500 calories a day. Most adults in the UK consume more calories than they need. It is important that these calories are made up of a variety of healthy foods.

Food labels

Reading food labels can help us to make a healthier food choice. Some food labels use the red, amber and green traffic light system. This makes it very easy to choose a food lower in saturated fat, total fat, salt and sugar.

- Red means high – try and stay away from these as much as possible.

- Amber means they contain a medium level and can be eaten now and again.

- Green means low – try and choose more of these.

Some foods don't use the traffic light system, so it is important to understand what high, medium and low levels for total fat, saturated fat, salt and sugar are. You can use the guide below to make healthy food choices.

	LOW PER 100G	MEDIUM PER 100G	HIGH PER 100G	HIGH PER PORTION
Total Fat	<3g	3g – 17.5g	>17.5g	>21g
Saturated Fat	<1.5g	1.5g – 5g	>5g	>6g
Sugar	<5g	5g – 22.5g	>22.5g	>27g
Salt	<0.3g	0.3g – 1.5g	>1.5g	>1.8g

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