

SEVEN TIPS FOR

HEALTHY EATING



1 ENJOY YOUR FOOD!

Food should be enjoyable: there is no nourishment in food that is uneaten

2 EAT A VARIETY OF DIFFERENT FOODS

Choosing a wide variety of foods and including more vegetables, fruit, bread, breakfast cereals, potatoes, rice and pasta will ensure that the body gets all the nutrients it needs. The Balance of Good Health Plate shows the types and proportions of foods needed for a well-balanced and healthy diet.

3 EAT THE RIGHT AMOUNT TO BE A HEALTHY WEIGHT

Each person needs a different amount of energy therefore each individual differs in the amount of food they should eat. However much people need, the proportions of food from the five groups remain the same.

4 EAT PLENTY OF FOODS RICH IN STARCH AND FIBRE.

Most people do not eat enough of the starchy, fibre-rich foods like bread, potatoes, rice and pasta. Wholegrain cereal foods are particularly rich in fibre.

5 EAT PLENTY OF FRUIT AND VEGETABLES

There is growing evidence that diets rich in fruit and vegetables reduce the likelihood of diseases in later life. A balanced diet contains at least five portions of fruit and vegetables a day.

6 DON'T EAT TOO MANY FOODS THAT CONTAIN A LOT OF FAT

Some fat is needed in the diet. However, many people eat far more fat than they need, and a diet high in fat can increase the risk of heart disease. There is a lot of fat which cannot be seen in pastries, pies, cakes, biscuits, chocolate, and meat products like sausages, sausage rolls, pastries, meat pies and burgers, as well as the vegetarian equivalents of these foods.

7 DON'T HAVE SUGARY FOODS AND DRINKS TOO OFTEN

Tooth decay is a major problem in this country. How often a child consumes sugar has more influence on tooth decay than how much they eat in total. Frequent consumption of acidic drinks – such as fruit squashes, fruit juices, fizzy drinks and colas – may cause the surface of the teeth to dissolve gradually. Acidic drinks are best kept to mealtimes.

