

Nutrition Basics

Aim for a healthy balance

Eating a balanced diet is simple and tasty when you know how.

Use the FSA eatwell plate to help you get the balance right every day. It shows how much of what you eat should come from each food group. Remember you don't have to cover off everything at every meal.



Take life on, one step at a time.



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Tasty Facts

Fruit & veg

The great news is you can eat plenty of these and you should always aim for a minimum of 5 A DAY. Packed with vitamins, fibre and flavour, they're delicious at mealtimes and great for snacks. Eat a variety of different kinds of fruit and vegetables and remember, tinned, dried or frozen, they all count.



Bread, rice, potatoes, pasta & other starchy food

Cereals, noodles and couscous are also included in this category. These food fill you up and provide energy. Eat plenty of these starchy foods, but try to avoid frying or adding fat and choose wholemeal, whole grain or brown varieties where possible as these can help you feel fuller for longer.



Milk & dairy foods

Milk, yoghurt and cheese are good sources of protein, vitamins and calcium which you need for strong bones. Naturally nutritious, these delicious foods are an essential part of a healthy diet. Remember to choose the low fat option and skimmed, semi-skimmed or 1% fat options if they're available, or alternatively choose the higher fat versions infrequently or in smaller amounts.



Meat, eggs, fish, beans & other non-dairy protein

These types of food provide protein and other vitamins and minerals which your body needs. Choose lower fat alternatives like lean, grilled meat wherever possible. Try to include 2 portions of fish per week; one portion should be oily e.g. salmon, mackerel or sardines. Pulses such as lentils, chickpeas, broad beans, kidney beans and butter beans are easy to add to soups and casseroles.



Foods & drinks high in fat and/or sugar

You don't need to cut out these foods altogether, but its important not to eat too much of them so that you don't have more than the recommended maximum daily amount of fat or sugar. Try to avoid snacking on these foods between meals. Remember there are loads of delicious alternatives like fruit, nuts, scones, malt loaf and fruit juice which can become tasty treats in themselves.



Salt

Your body needs salt to function properly. But too much salt can be unhealthy and increase your risk of heart disease. Aim for less than 1.6g of salt per 100g of food. Adults should have no more than 6 grams of salt in a day. Checking the labels on the food you buy and choosing the foods that are lower in salt is one of the best ways to cut down. To find out more about checking the label see eatwell.gov.uk/trafficlights.

Hungry for more info?

Go to www.eatwell.gov.uk