

# Help Yourself to Eat Healthily

This booklet provides information for people looking to  
achieve a healthy, balanced diet

**This booklet was given to you by:**

**Name:**

**Contact Tel No:**

*Our Values*

**Service Teamwork Ambition Respect**

## Introduction

This booklet is designed for people looking to eat and live more healthily.

A healthy lifestyle can help reduce the risk of a range of health problems such as diabetes, heart disease, strokes and cancer.

This booklet provides information on the following principles of healthy eating:

1. The Eatwell Plate
2. Eat regular meals and snack wisely
3. Eat plenty of fruit and vegetables
4. Limit your intake of sugar and sugary foods/drinks
5. Limit your fat intake
6. Eat more oily fish
7. Reduce your salt intake
8. Healthy cooking methods
9. Stay well hydrated
10. Drink alcohol in moderation

## The Eatwell Plate

The 'Eatwell Plate' shows how much of what you eat during each day should come from each food group. As you can see from the 'Eatwell Plate' below you should try to eat:

Plenty of bread, rice, pasta, potatoes, cereals etc.

Plenty of fruit and vegetables

Some meat, fish, eggs and beans etc.

Some milk and dairy foods

Small amounts of foods and drinks that are high in fat and/or sugar



The importance of each food group is explained in more detail on the following pages.

## **Bread, Rice, Pasta, Potatoes, Cereals and Other Starchy Foods**

These foods provide long-lasting energy to keep you going in between each meal, which is why they should be included at every mealtime. They also contain essential vitamins and minerals.

Try to choose wholemeal or higher fibre versions where possible, as they are known to promote a healthy digestive system.

## **Fruit and Vegetables**

Fruit and vegetables are a good source of vitamins and minerals as well as soluble fibre – try to have at least 5 portions of different fruits and vegetables per day to benefit from all the different nutrients they offer.

For further information, please see the 'Eat Plenty of Fruit and Vegetables' section within this booklet.

## **Milk and Dairy Foods**

These foods are an important source of calcium, which is beneficial for bone health.

Try to have 3 servings per day – 1 serving equals  $\frac{1}{3}$  pint of milk, 120g pot of yoghurt, 30g (matchbox sized piece) cheese.

Lower fat varieties of these products contain the same amount of calcium, vitamins/minerals and protein as the full-fat varieties.

## **Meat, Fish, Eggs, Beans & Other Non-Dairy Sources of Protein**

These foods provide protein, as well as other vitamins and minerals such as iron.

Both red and white meat can be included as part of healthy diet – try to choose lean cuts, remove visible fat and skin and choose healthy cooking methods.

Both white and oily fish can also be included as part of a healthy diet – see the ‘Eat More Oily Fish’ section within this booklet to learn about the benefits of including these in your diet.

There is no recommended upper limit on how many eggs you should eat – choose healthy cooking methods to enjoy them as part of a balanced diet.

If you are vegetarian, including items such as beans, pulses, nuts, eggs, Quorn and soya will help ensure that you get enough protein and iron in your diet.

## **Foods High in Fat and/or Sugar**

This food group includes items such as biscuits, cakes, crisps, fizzy drinks, sweets and chocolates, as well as many processed or convenience foods

This is the smallest section on the ‘Eatwell Plate’ as these foods are not essential for healthy living, but can be enjoyed in small amounts as part of a balanced diet.

Please see sections on ‘Limiting Fat’ and ‘Limiting sugar’ in this booklet for further information.

## Eat Regular Meals

Try to have a regular meal pattern. For most people this means eating three meals (breakfast, snack meal and a main meal) a day.

<b>Breakfast Ideas</b>	<b>Snack Meal ideas</b>	<b>Main Meal ideas</b>
Cereal and milk with banana and/or dried fruit	Baked potato with tuna/beans and salad	Spaghetti bolognese and salad
Toast with low-fat margarine and jam/marmalade, with a glass of milk	Tuna pasta with broccoli	Low fat oven chips, fish and peas
Low fat yoghurt with muesli on top	Poached eggs/ beans/ tomato on toast with orange juice	Baked chicken, potatoes and vegetables
Grilled lean bacon on wholemeal roll with glass of orange juice	Vegetable soup with a roll	Three bean vegetable curry with rice
Banana breakfast smoothie	Chicken/ ham/ egg sandwich with salad	Potato and spinach salad with flaked mackerel
Porridge with mixed berry compote	Chicken and rice salad	Pea and ham risotto
	Hummus dip with pitta bread and vegetable sticks	Cottage pie with peas and sweetcorn

## Snack Wisely!

Long periods without food can often lead to snacking on foods that are high in fat and/or sugar, and may also cause overeating later in the day. Both of these things can cause people to gain weight. You may find that a small, nutritious snack in between meals helps to prevent this from happening.

Fruit and vegetables are often perfectly packaged for snacking, at home or on the go e.g. bananas, clementines and apples. Keep some fruit in a bowl somewhere it's easy to grab. Here are some more interesting ideas:

- Handful of dried fruit
- Carrot, cucumber or celery sticks with cottage cheese
- Chopped melon or pineapple (tinned or fresh)
- Frozen grapes
- Frozen chopped banana

If you are feeling particularly hungry you could try a small starchy snack. These are usually lower in fat and contain even more fibre and minerals (especially wholegrain versions) than biscuits, crisps or chocolate. You may like to try:

- Plain or fruit scone with jam
- Small bowl of wholegrain cereal with semi-skimmed milk
- A slice of toast with banana
- Rice cake, wholegrain crispbread or half a bagel with low-fat cheese or cottage cheese
- Hot cross bun or a slice of malt loaf
- Handful of homemade popcorn with cinnamon instead of salt or sugar

## Eat Plenty of Fruit and Vegetables - '5-a-day'

Fruit and vegetables are a good source of vitamins and minerals as well as soluble fibre - try to have at least **5 portions of different fruits and vegetables per day** to benefit from all the different nutrients they offer.

Fresh, frozen, dried and tinned varieties of fruit and vegetables all count towards your 5-a-day.

Fruit and vegetables are also usually low in fat and calories (providing you don't fry/roast them in lots of oil) therefore they are useful way of bulking up meals to help you feel fuller without adding lots of calories.

Remember that starchy foods like potatoes do not count as one of your 5-a-day but can still be enjoyed as part of a balanced diet (see 'Eatwell Plate' section earlier in this booklet).

A small glass of fruit juice can count as one portion but any more does not count (even if it is a different flavour) – this is because although fruit juice will still contain vitamins and minerals, it is high in sugar and does not contain the fibre that would naturally be found in the whole fruit

Smoothies usually include all edible pulped fruit and vegetables. Therefore these can count as 1 or more of your portions, as long as a full portion size is used.





## Fruit and Vegetables – What is a portion?

As a guide, one adult-size portion is 80g (roughly a handful).

### Fruit

- Half a grapefruit or mango; one 5cm slice of papaya, melon or pineapple
- 1 medium fruit e.g. apple, banana, pear, orange
- 2 small fruits e.g. plums or clementines
- 10 large grapes, cherries or strawberries
- 1 tablespoon of dried fruit
- 2 tablespoons of stewed or tinned fruit
- 1 small glass of unsweetened fruit juice (150ml)

### Vegetables

- 3 heaped tablespoons of cooked, raw, canned or frozen vegetables
- 3 sticks of celery, 2 inch piece of cucumber, 7 cherry tomatoes
- 2 broccoli spears or 8 small cauliflower florets
- A small dessert bowl of mixed salad
- 4 heaped tablespoons of kale, spring beans or green beans
- 3 heaped tablespoons of beans or chickpeas

For more information on getting your 5-a-day please go to:

<http://www.nhs.uk/Livewell/5ADAY/Pages/5ADAYhome.aspx>

## Limit your intake of sugar and sugary foods/drinks

Sugar and sugary foods tend to be high in calories (and sometimes fat) and can lead to weight gain and tooth decay.

### Food labels:

High >22.5g Sugar per 100g & Low <5g Sugar per 100g

Instead of these...	Choose these!
Adding sugar to food and drinks	Tablet or sprinkle sweeteners
Sugar-containing drinks i.e. fizzy drinks, squashes, hot chocolate or malted drinks	No-added sugar squashes and diet fizzy drinks, low calorie drinking chocolate
Cakes, sweet biscuits, sweets, chocolates and diabetic chocolates	1–2 plain biscuits i.e. garibaldi, rich tea or a small scone, slice of fruit loaf or a piece of fruit
Sugary/ honey coated cereals	Low sugar cereals or low sugar porridge
Sugary puddings, and desserts i.e. sponges, tarts and pies	Low-calorie or sugar-free desserts/milk puddings
Ordinary milk puddings, jelly and instant desserts	Low sugar/fat yoghurt, sugar-free jelly
Full fat yoghurts containing sugar	
Fruit canned in syrup	Fruit canned in natural juice, or fresh/stewed fruit

## Limit your fat intake

Foods high in fat are usually high in calories and can lead to weight gain. A diet high in fat, especially **saturated fats** (from animal products e.g. meat, butter, lard, cream), can lead to an increase in cholesterol levels which can increase your risk of heart disease.

Use fats, spreads and oils sparingly - if you need to use spreads/oil, try to choose **polyunsaturated or monounsaturated** varieties which are usually plant-based. In particular, monounsaturated fats such as olive and rapeseed oils have been shown to reduce the risk of heart disease.

Other ways of reducing your overall fat intake include:

- Reduce high fat snacks such as crisps/ nuts/ cheese/ biscuits/ cake
- Consider using lower-fat dairy products e.g. skimmed/semi-skimmed milk, low-fat yoghurts/cheese
- Choose low fat cooking methods such as grilling, baking, casserole or steaming
- Remove visible fat or skin from meats before eating
- Look for low-fat alternatives when choosing foods i.e. ready meals with less than 5% fat (5g fat per 100g)

**REMEMBER** that all oils/fat (regardless of type) are high in calories and therefore can lead to weight gain

### Food labels:

High >17.5g fat per 100g & Low <3g fat per 100g

High >5g sat fat per 100g & Low <1.5g sat fat per 100g

## Healthy Cooking Methods

How you prepare and cook food can be just as important when you are trying to have a balanced intake. Some methods involve adding extra oil/fat e.g. frying or roasting – try to keep these for special occasions or treats. Instead, try to use low fat cooking methods including:

**Steaming:** useful for vegetables

- requires no fat and helps retain the nutrients in vegetables which are often lost when boiled

**Stir-Fry:** useful for meat and vegetables

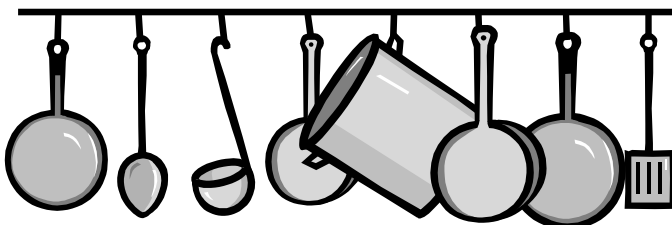
- only uses a small amount of oil and short cooking time means vitamins and minerals are not destroyed

**Grill:** useful for many foods including meat and vegetables

- allows fat to drain off as items cook, use marinades and herbs/spices to add flavour

**Poaching:** useful for items such as eggs, fruit, chicken and fish

- involves gently simmering food in water or a flavoured liquid (e.g. milk) until it is cooked



## Eat more oily fish

Current guidelines recommend at least two portions of fish per week, with 1 portion being oily fish (such as include mackerel, herring sardines, salmon, trout and pilchards)

Oily fish is rich in a polyunsaturated fat called **omega-3**, which may help protect against heart disease.

Try them fresh, frozen, tinned in water or tomato sauce, rather than brine (which is high in salt).

## Reduce your salt intake

Eating too much salt is linked to high blood pressure and some heart conditions. Reduce your intake gradually to get used to using less salt:

- Avoiding adding salt at table
- Use less salt in cooking - try herbs and spices instead
- Cut back on salty foods such as cheese, processed/tinned foods, ready meals, savoury snacks e.g. crisps
- Salt substitutes e.g. LoSalt are not recommended

### **Food labels:**

High >1.5g salt per 100g (or 0.6g sodium)

Low <0.3g salt per 100g (or 0.1g sodium)

## Stay Hydrated

Keeping well hydrated is an essential part of staying healthy. The amount of fluid you need each day will vary; 6-8 glasses per day is the recommended guideline for a normal day. If you are more active than usual or it is warm day you will probably need to drink more. Also if you are ill (viral infections/vomiting/diarrhoea) you need to ensure that you stay well hydrated, even if you are not eating as much as usual.

### What Should I Drink?

#### COLD

- Water is a good choice but other non-alcoholic drinks can be included e.g. squash, fizzy drinks and unsweetened fruit juice
- Try to go for No-Added-Sugar varieties of squash/fizzy drinks as normal varieties can contain a lot of sugar and therefore a lot of calories, and can also be bad for dental health.

#### HOT

- Tea and coffee can be included in moderate amounts but it is important that these are not your only source of fluid as they contain caffeine
- They can also reduce the absorption of iron from your food, therefore try to avoid drinking tea or coffee at mealtimes

## Drink alcohol in moderation

It is not necessary to drink alcohol if you do not already drink it

If you do drink alcohol, aim to have at least two alcohol-free days during the week.

When drinking alcohol, ensure you eat beforehand and try alternating alcoholic drinks with a non-alcoholic drinks.

Always check with your GP that it is safe for you to have alcohol, especially if you are taking any medication.

### Guideline amounts

**Men:** aim to consume no more than 2-3 units per day  
(14-21 units per week)

**Women:** aim to consume no more than 1-2 units per day  
(7-14 units per week)

One unit of alcohol is equal to:

- ½ pint of normal strength beer, lager or cider
- 1 small (125ml) glass of wine
- 1 pub measure of spirits

**Remember** that alcohol contains a lot of calories

## Further Information

### **NHS Choices – Healthy Eating/Lose Weight**

More information on the healthy eating advice provided in this booklet, including self-assessments and meal planners. Also provides extra information on how to lose weight healthily and other topics such as digestive health, vegetarian/vegan diets and food safety

<http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx?wb48617274=973DD413>

### **Change4Life**

Provides information on how to make positive changes to your diet and lifestyle. Also includes a self-assessment with a free personalised summary and provides information on local Change4Life groups.

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

### **British Dietetic Association – Food Facts**

Contains fact sheets on a variety of nutrition-related topics including healthy eating and living

<https://www.bda.uk.com/foodfacts/home>

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