

EAT WELL GUIDE

1

Base your meals on higher fibre and starchy carbohydrates.

Starchy carbohydrates include potatoes, bread, rice and pasta. These foods should make up a third of your plate at meal times.

Choose higher fibre foods such as wholegrain rice, pasta or wholemeal bread - these will keep you satisfied for longer throughout the day.

2

Eat a variety of fruit and vegetables.

Aim to eat **five portions of fruit and vegetables** throughout the day. Try adding as many colours as possible to your meals.

Try making your plate look like the rainbow by adding as many colours as possible to your meal!

These can be fresh, frozen, canned, or tinned (canned and tinned fruit can sometimes have added sugar, opt for fruit in fresh water).

3

Eat more fish, including one portion of oily fish a week.

Try to eat **two portions of fish a week**, one of which is oily fish.

Oily fish includes salmon, trout, herring and sardines.

Non-oily fish includes; haddock, cod, tuna and hake.

4

Cut down on saturated fat and sugar.

There are two types of fat; saturated and unsaturated fats. We want to **decrease saturated fats** e.g. biscuits, cakes, pies, cream and sausages and increase our unsaturated fats, e.g. olive oils, avocados and some nuts.

Reduce free sugars which are found in fizzy drinks, breakfast cereals, cakes and alcoholic drinks. Too much can cause weight gain, diabetes, and tooth decay.



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5

Eat less salt: no more than 6g a day.

Try to **reduce the amount of salt** you add to meals. Opt for spices and herbs to add the extra taste.

Have a look at food labels and aim for the lower salt options.

6

Get active!

Aim to **move your body as much as possible** throughout the day.

It could be a short walk or run, swim, cycle or even some chair-based movements.

Could you move your body whilst you are waiting for the kettle to boil whilst making a tea or coffee?

7

Stay hydrated.

Aim for **six to eight glasses of fluid a day** including water, tea, coffee, and low-fat milk.

Try to avoid fizzy drinks as they can contain a lot of sugar and even one 150ml glass of fruit juice counts towards five a day.

8

Don't skip breakfast.

Breakfast is a great way to start your day by giving your body lots of energy.

It can be a great way to get lots of vitamins and minerals into your body.

Try adding in some fibre, fruit or vegetables to add some more nutrients.

