

The Balance of Good Health



Fruit and vegetables - aim for at least 5 portions a day - a portion is about 80gms or 3ozs of most fruit and vegetables e.g. 1 tablespoon of dried fruit, 3 tablespoons of vegetables, 1 apple, medium banana.

Breads, potatoes and other cereals - make these foods part of every meal, choose wholegrain varieties where possible.



Meat, fish, eggs and alternatives to meat - keep to 2-3 moderate servings. Try a variety from lean meat, poultry, fish, eggs, tofu, beans, peas, pulses or lentils.

Foods high in fat and/or sugar - keep foods such as cakes, biscuits, pastry, crisps, fizzy and fruit drinks to small amounts.

Milk and dairy - 3 portions each day, preferably low-fat. A portion is a glass of milk (or calcium-fortified soya drink), small yogurt, or a small matchbox-sized piece of hard cheese.

www.teenweightwise.com

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