



Getting the Balance Right



A good diet is important for good health. A varied diet can help you manage your weight, improve general wellbeing and reduce the risk of conditions including heart disease, stroke, some cancers, diabetes and osteoporosis.

All you need to do is eat sensibly, choosing a range of foods in the correct proportions. The Food Standards Agency (FSA) EatWell Plate is made up of five food groups - simply choose a variety of foods from each group. This is shown in the diagram of the FSA EatWell Plate on the next page.

In practical terms this means:

- Plan your meals/ snacks around starchy foods such as bread, chapattis, breakfast cereals, potatoes, rice, noodles, oats, pasta etc. Aim to include one food from this group at each meal time - these foods should provide the bulk of your meal.
- Have at least five portions of fruit and vegetables each day. Remember that fresh, frozen, dried, canned and juices all count towards your total. Also remember to include the vegetables you add to cooked dishes such as onions in a stew and tomatoes in a pasta sauce. Eat a variety of different types and colours of fruit and vegetables.
- Choose moderate amounts of lean meat, fish, eggs and pulses such as beans and lentils. Remove the skin

from chicken, excess fat from meat and avoiding frying. Try to include two portions of fish each week, one of which should be an oily fish (e.g. mackerel, trout, sardines, kippers and fresh tuna).

- Aim for a pint of milk a day, or the equivalent, e.g. a small pot of yogurt or a small (matchbox size) piece of cheese contains about the same amount of calcium as 1/3 pint milk. If you drink between six and eight cups of tea or coffee (containing milk) a day you will probably use at least 1/3pt milk. Try to choose reduced fat versions where you can, e.g. semi skimmed milk, low fat yogurts, Edam, cottage cheese and half fat Cheddar.
- Limit your intake of foods containing fat and sugar, choosing low fat or reduced sugar foods where possible. When using a spreading fat choose one that is high in monounsaturated fatty acids, e.g. spreads made from olive oil or rapeseed oil.

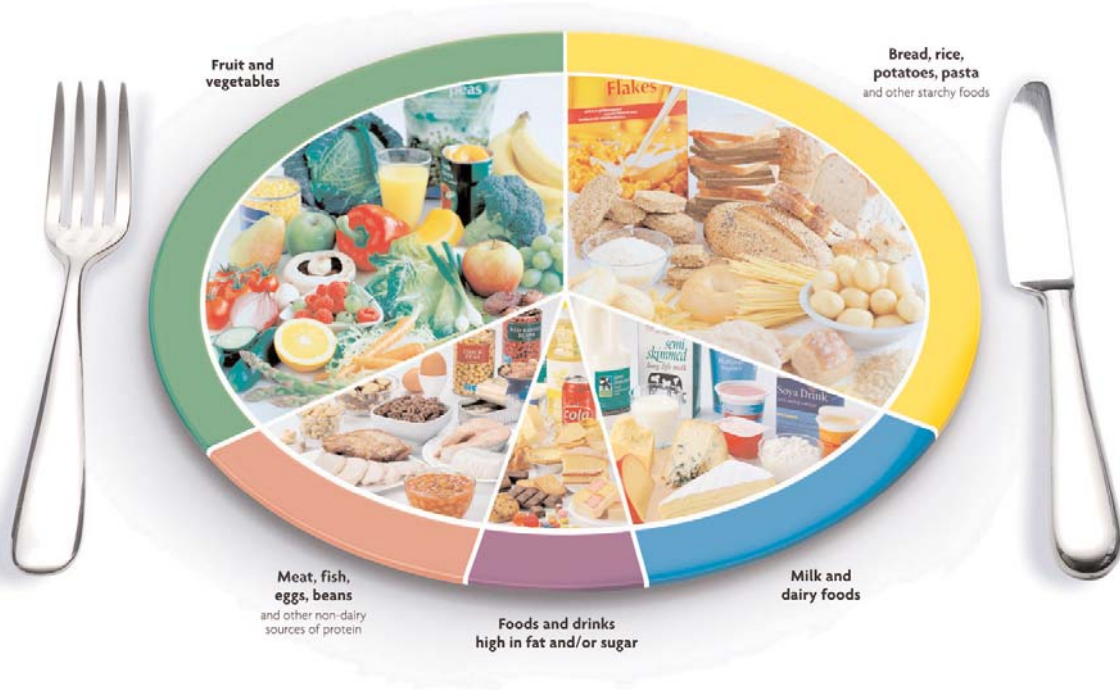
Remember:

- Eat a range of foods from the five food groups to make sure you have a balanced diet
 - Eat the right amount of food for how active you are
 - But most of all - ENJOY YOUR FOOD!!



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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