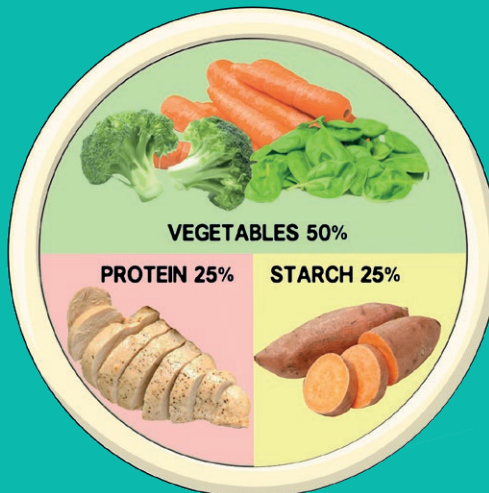


What is a Healthy Diet for me?

Carbohydrates

Include starchy carbohydrates at each meal.
They should only fill 1/4 of your plate.

Quinoa



Sweet Potatoes



Brown Rice



Brown Pasta



Wholegrain Bread



Wholewheat Chapati



SUGAR

Be aware sugar is added to everyday foods such as cereals, sauces, coleslaw and baked beans.



Limit treat food to 1 per week



Low calorie squashes, plain biscuits and sweeteners can all be good alternatives.

Low Glycaemic Index (LGI) Foods

Low GI foods cause your blood glucose levels to rise and fall more slowly and they keep you full and satisfied for longer.

Give preference to high fibre carbohydrates as these tend to have a lower GI.

Large portion sizes make it more difficult to control glucose levels. Take a look at our portion control guide for advice [here](#).



Low to Moderate GI foods include

Wholemeal Pitta Bread

Granary or Seeded Breads

Wholegrain Cereals

Rolled Oats (porridge)

Wheat Biscuits

Shredded Wheat

Unsweetened Muesli

Oat Bran Flakes

Basmati, Brown or Wild Rice



New Potatoes or Sweet Potatoes



Brown Pasta

Wholemeal Biscuits

Crackers

Low Fat Digestives

Crispbreads



Fruit and Vegetables

Aim for at least **5** portions a day

Aim to eat as many colours of fruit and vegetables as possible.
Eat a rainbow!

Fruit

Limit fruit to 2 or 3 portions a day



Salad



Green, leafy and root vegetables

Frozen fruits & berries are just as good. Especially for making smoothies.

Ways to include fruit and vegetables in your diet

Choose healthy snack options



Such as cucumber and celery sticks with hummus



Homemade vegetable soup is a great way to add vitamins and minerals to your diet.

Get creative with salads. See how colourful you can get



Choose fruit and salad as side options on school lunches

Add extra vegetables to meals such as curries or pasta dishes





Fats

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself.

There are two types of fat, saturated and unsaturated

Too much fat in your diet, especially saturated fats, can raise your cholesterol, which increases the risk of heart disease.

Saturated Fats

 **Reduce sources of saturated fat in your diet.** 

Saturated fats are solid at room temperature.

Saturated fats tend to be of animal origin. For example meat fat, or dairy products such as butter and cheese.



Cakes, biscuits and pastries are high in saturated fats

Choose food labels with less than 1.5g saturated fat per 100g on the back of the packet and green on the label on the front of the packet.

Unsaturated Fats

Unsaturated fats are generally found in plant foods such as seeds, nuts, olives and avocados.



Choose extra virgin olive oil for cooking and salads.

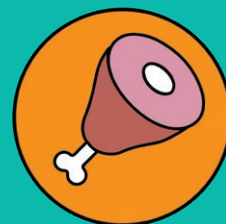


Unsaturated fats are liquid at room temperature

All types of fat are high in energy. A gram of fat, whether it's saturated or unsaturated, provides 9kcal (37kJ) of energy compared with 4kcal (17kJ) for carbohydrate and protein.

How to include less saturated fats and more good fats in a healthy diet

Choose lean meat and chicken without the skin, rather than sausages, burgers and pies.



Eat two portions of fish per week (from a sustainable source), one of which should be an oily fish, for example salmon, herring/kipper, trout, mackerel or sardines.



Try semi-skimmed or skimmed milk.

Measure oil using a tablespoon when cooking to limit the use.

A portion of cheese is a small (matchbox) size piece.



Avoid using and cooking with butter, margarine and lard.

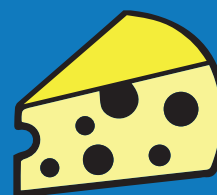


Try a low fat spread or spray oil, for example frylight.



Avoid frying instead grill, steam, bake or microwave.

! Grating cheese makes it go further. !



Try reduced fat or half fat hard cheese, low fat cheese spreads or cottage cheese.

