

enjoying a healthy diet is all about getting the balance right

enjoy your food and enjoy being active

fruit & vegetables

Key tips

- Eat at least five portions of fruit and vegetables a day
- Try to eat some fruit and vegetables at every meal
- Have fruit based desserts and snacks

Did you know?

- Fruit juice, beans and pulses can be included as a portion in this group
- The soluble fibre in fruit and vegetables may help to reduce blood cholesterol

Portions guide

A small/dessert bowl of salad	2 plums or similar sized fruit
2 tbsp of raw, cooked, frozen or canned vegetables	1 cupful or a handful of grapes, cherries or berries
1 medium piece of fruit eg. an apple, a banana, or orange	1/2 - 1 tbsp dried fruit (raisin, apricots etc)
	2-3 tbsp peas, beans or lentils

Choose a variety of foods from these five food groups

bread, other cereals & potatoes

Key tips

- Eat at least five portions of food from this group a day
- Choose wholegrain varieties of bread and cereals

Did you know?

- These starchy carbohydrate foods need not be high in calories as long as fat or sugar is not added to them
- Wholegrain varieties have the added benefit of containing dietary fibre and are more filling

- The soluble fibre in oats may help reduce blood cholesterol

Portions guide

- 1 egg-sized potato
- 1 small pitta or chapatti
- 1 slice of bread or small bread roll
- 2 tbsp of cooked rice, pasta or noodles
- 3 tbsp breakfast cereal flakes eg wheatflakes or branflakes

meat, fish & alternatives

Key tips

- Eat food from this group 2-3 times a day
- Try to have a variety of lean meats (beef, pork and lamb)
- Try eating fish twice a week

Did you know?

- The fat content of red meat is now lower than ever before
- Red meat is an excellent source of iron and zinc
- Red meat is also a useful source of vitamin D and selenium
- Oily fish may help reduce the risk of fatal heart disease

Portions guide

- 50-100g (2-4oz) lean meat, poultry or oily fish
- 100-150g (4-6oz) white fish
- 1-2 eggs
- 3 tbsp peas, beans or lentils (cooked)
- 2 tbsp peanut butter or nuts

milk & dairy foods

Key tips

- Eat or drink items from this group 3 times a day
- Choose semi-skimmed or skimmed milk
- When having higher-fat options reduce the quantity used

Did you know?

- A functional food is a food that has some particular health promoting ability beyond its usual nutritional value
- The most common functional foods are dairy-based yogurts and yogurt drinks

Portions guide

- 200ml (1/3 pint) semi-skimmed milk
- Small (150g, 6oz) pot of yogurt or fromage frais
- 25g (1oz) matchbox size piece of hard cheese
- Small (100g, 4oz) pot of cottage cheese or quark

foods containing fat, foods and drinks containing sugar

Most of us consume far more from this group than we actually need

- Eat foods containing fats and sugars sparingly
- Check food labels for hidden fat, sugar and salt