

Healthy Eating

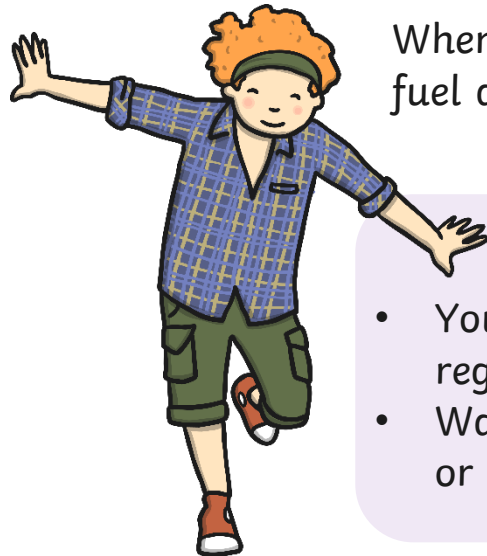
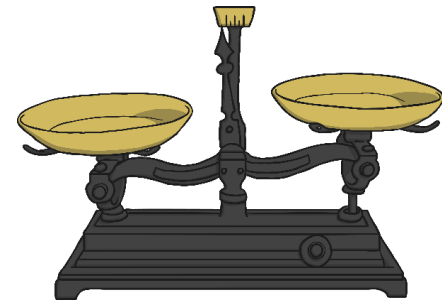


Why Do We Need Food?

Food keeps us healthy and help us grow.

Food gives us energy to be able to do things during the day.

Without proper nutrition, your body can't survive.



When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

For example:

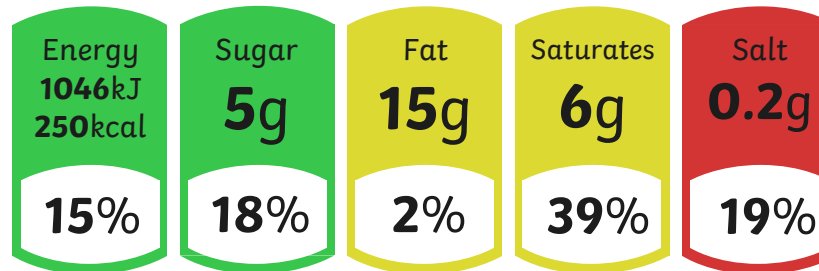
- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells or perform other vital bodily processes.

How Can We Make the Right Food Choices?

Food labelling

Nutrition labels can help you choose between products and whether the food is high in fat, salt and added sugars.

Colour-coded nutritional information tells you if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.



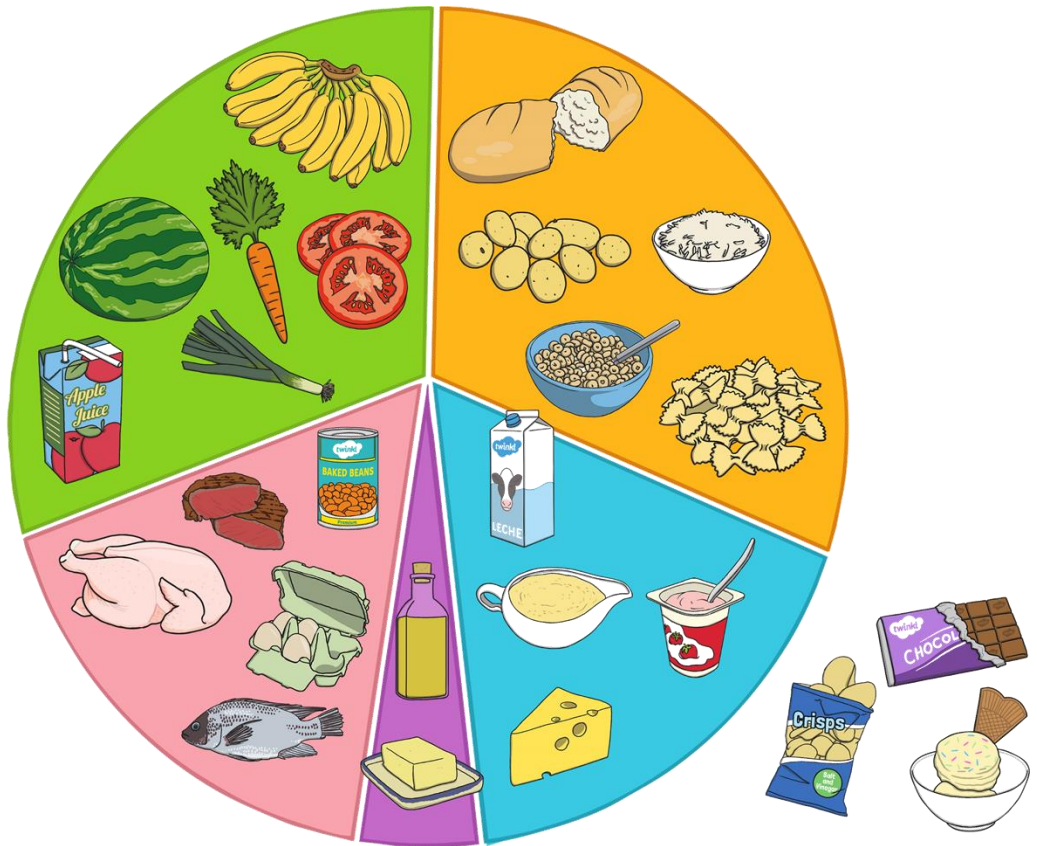
Green is a low amount, amber is a medium amount and red is a high amount. If you buy a food that has all or mostly green on the label, it's a healthier choice.

What Should We Be Eating?

'The Eatwell Plate'

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.



Fruit and Vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

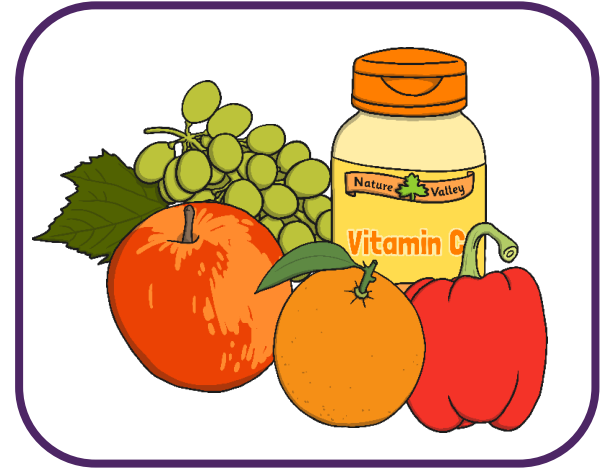
They're an excellent source of dietary fibre, which helps maintain healthy digestion.



A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

Help to keep your body healthy, to grow and repair and help to fight infections.

Fruit and vegetables taste delicious and there's a wide variety to choose from.



Fruit and Vegetables

What counts as 1 portion of fruit and vegetables?

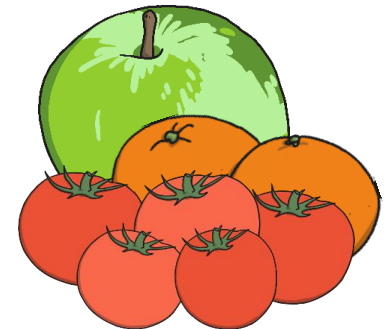
A portion of fruit (150g) is roughly equivalent to:

- 1 medium apple, banana, orange or pear
- 2 small size apricots, kiwi fruit or plums
- 1 cup of diced or canned fruit (no added sugar)

A portion of vegetables (75g) is roughly equivalent to:

- $\frac{1}{2}$ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- $\frac{1}{2}$ cup cooked dried or canned beans, peas or lentils (preferably with no added salt)
- 1 cup green leafy or raw salad vegetables
- $\frac{1}{2}$ cup sweet corn
- $\frac{1}{2}$ medium potato or other starchy vegetables (sweet potato)
- 1 medium tomato

Eat at least 5 everyday!



Bread, Rice, Potatoes & Pasta

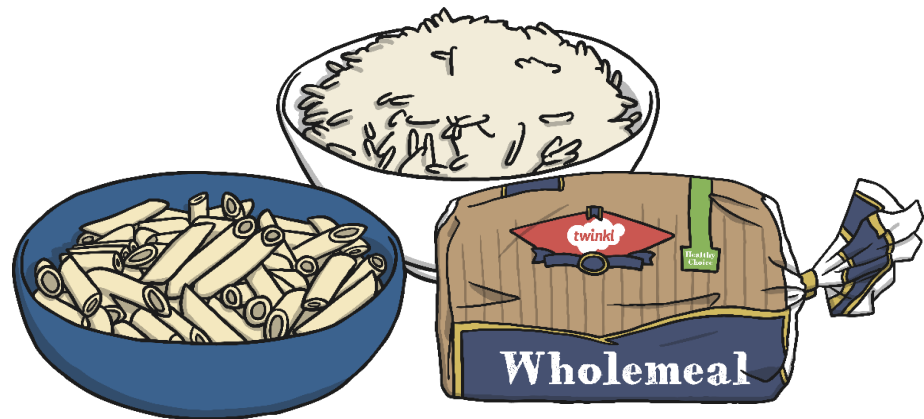
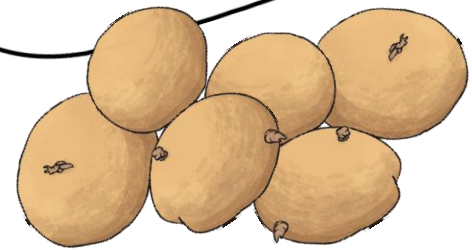
(and other starchy foods)

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat lots of these foods everyday.

Remember - potatoes don't count as one of your fruit or vegetables!



Milk and Dairy

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.



*What counts
as 1 portion
of Milk and
Dairy?*

200ml glass of **milk**;
150g or a pot of yogurt;
30g or a matchbox sized piece of hard cheese.

You should eat 2-3
portions of these every
day.

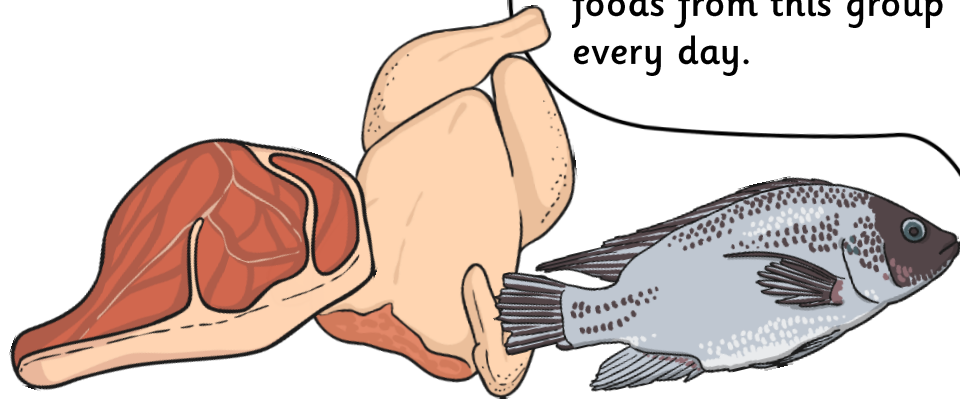
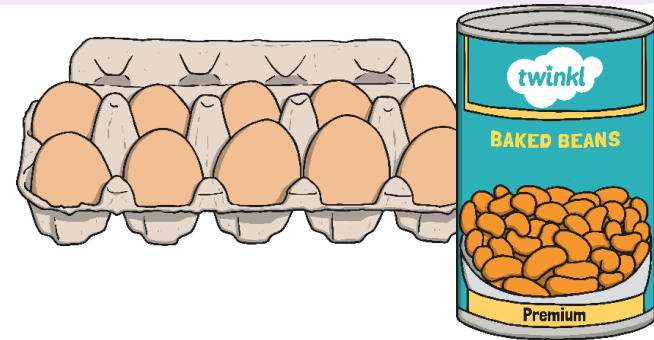
Meat, Fish, Eggs and Beans

(and other non-dairy products)

Meat is a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.

Some meats are high in saturated fat, which can raise blood cholesterol levels.



We should eat some foods from this group every day.

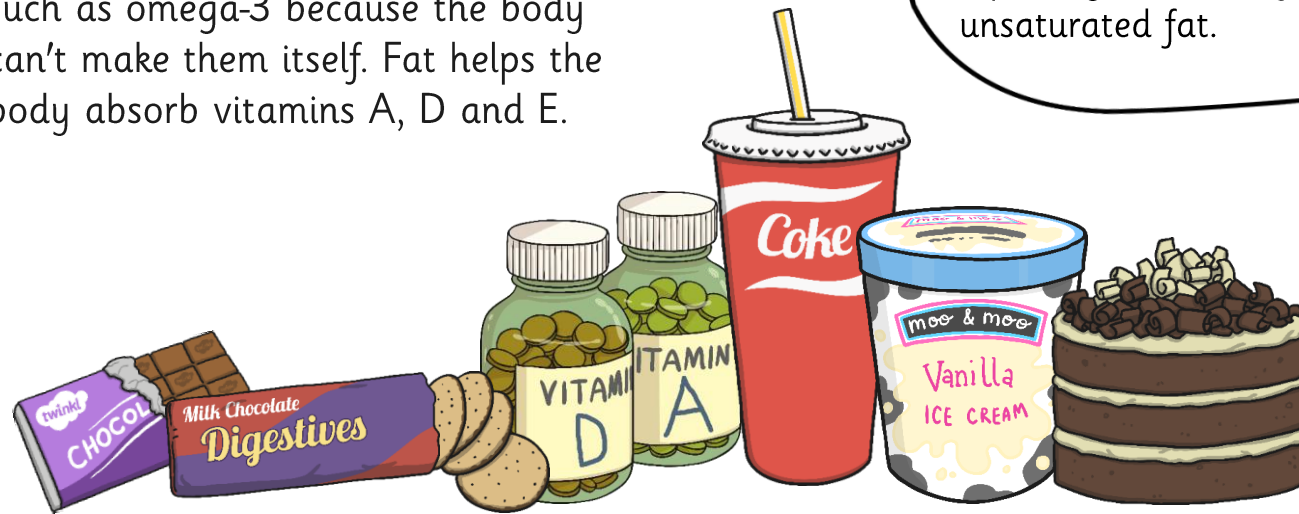
Foods and Drinks High in Fat and Sugar

These foods provide the body with energy, warmth and insulation around vital organs.

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

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

Current UK government guidelines advise cutting down on all fats and replacing saturated fat with some unsaturated fat.



Saturated Fats

Saturated fats are found in many foods, both sweet and savoury. Foods high in saturated fats include:

- fatty cuts of meat
- meat products, including sausages and pies
- butter, ghee and lard
- cheese, especially hard cheese
- cream, soured cream and ice cream
- some savoury snacks and chocolate
- confectionery
- biscuits, cakes and pastries
- palm oil
- coconut oil and cream



Unsaturated Fats

It's best to reduce your overall fat intake and swap saturated fats for unsaturated fats. There is good evidence that replacing saturated fats with unsaturated fats can help lower cholesterol. Foods low in saturated fats include:

- olive oil, rapeseed oil and their spreads
- avocados
- some nuts, such as almonds, brazils and peanuts

