

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