enjoying a healthy diet is all about getting the balance right

enjoy your food and enjoy being active

fruit & vegetables

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

bread, other cereals & potatoes

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

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
- 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

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 (⅓ 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