

Healthy Eating

Eating a healthy, balanced diet is an important part of maintaining good health, and helps us feel our best.

Key points to remember

Eat meals with the correct number of calories for how active you are, so that you balance the energy you consume with the energy you use.

Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

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- In the UK we follow the Eatwell Plate as a guide to our balanced diet.
- You will see that each section of the plate is a different colour and represents the 5 main food groups and the proportion of these food groups we should include in our diet.



These practical tips cover the basics of healthy eating, and can help you make healthier choices:

- **Eat plenty of starchy food, potatoes, pasta, rice, bread -** **These** are good sources of energy, vitamins and fibre and should be the main part of every meal. Older children and adults should eat wholegrain varieties whenever possible – for example brown bread and brown rice or pasta – as they are higher in fibre.

Children under five should have fewer high-fibre foods than adults because these can fill up their small tummies, meaning that they don't have room for the other foods they need to give them energy and the wide range of nutrients they need every day.

- **Plenty of fruit and vegetables:** These are a great source of vitamins, minerals and fibre – try to eat at least five portions of a variety of different fruit and vegetables every day.
- **Some milk and dairy food** - Cheese, milk and yoghurt contain calcium and other nutrients. Remember, children should not be given cow's milk as a main drink until they are over 12 months old, although you can use it when cooking for them. Once they start drinking cow's milk, children should have whole milk (and full-fat dairy products), as lower-fat varieties won't give them the energy they need. Children over the age of two can have semi-skimmed milk, but not skimmed milk. Low-fat varieties can be given to children over the age of five who are growing well.
- **Some meat, fish, eggs, beans and other sources of protein (not dairy):** Choose lean meat. Make sure that foods like eggs, chicken, pork, burgers and sausages are cooked all the way through. Try to eat oily fish at least once a week.
- **Cut down on saturated fats & sugar**
- **Be active and a healthy weight**
- **Drink plenty of water**
- **Do not skip breakfast**
- **Eat less salt**
- **Only have a small amount of foods and drinks that are high in fat and/or sugar:** for example biscuits, fizzy drinks, crisps and cakes.