

PRINCIPLES OF HEALTHY EATING



BASIC FOOD GROUPS:

The Eatwell Guide divides the foods and drinks we consume into 5 main groups:

- fruit and vegetables
- potatoes, bread, rice, pasta and other starchy carbohydrates
- beans, pulses, fish, eggs, meat and other proteins
- dairy and alternatives
- oils and spreads

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 249kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 687kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options

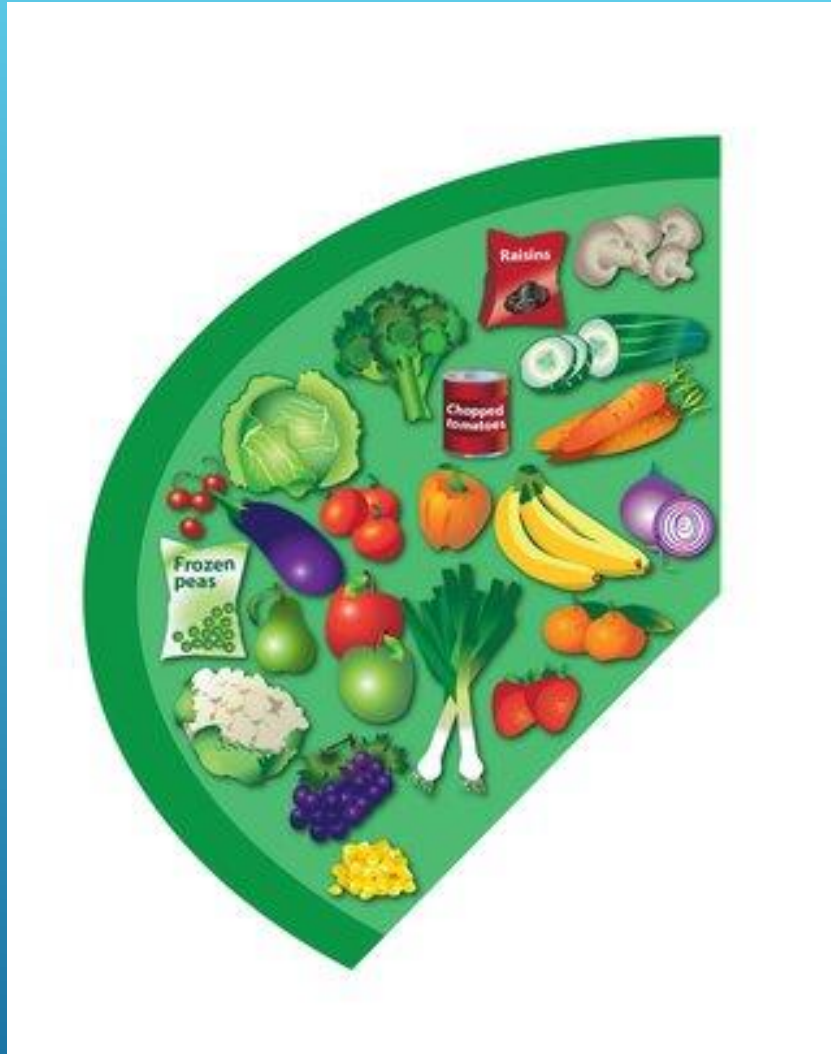


Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



Eat at least 5 portions of a variety of fruit and vegetables a day. Choose from fresh, frozen, tinned, dried or juiced.

Fruit and vegetables are a good source of vitamins, minerals and fibre.



Starchy foods should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

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



Eat some beans, pulses, fish, eggs, meat and other protein. These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.

Choose lean cuts of meat and mince, and eat less red and processed meat.

Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon.



Have some dairy or dairy alternatives
(such as soya drinks and yoghurts)

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy.

Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.



Choose unsaturated oils and spreads, and eat in small amounts.

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fat are high in energy and should be eaten sparingly.



They're not needed in our diet, so should be eaten less often and in smaller amounts.

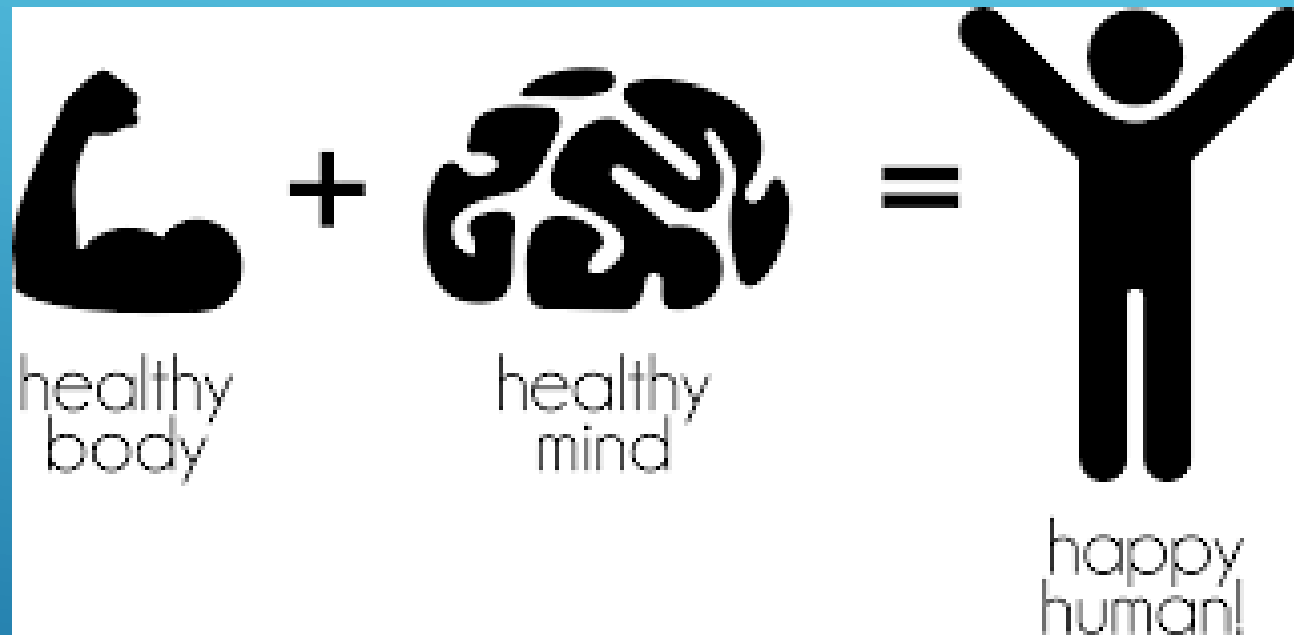
Eat foods high in fat, salt and sugar less often and in small amounts.

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, and ice cream.



Drink plenty of fluids especially water – the government recommends 6 to 8 cups or glasses a day.

AIM FOR HEALTHY BODIES AND MINDS



**YOUR BODY IS THE TEMPLE OF GOD,
TAKE GOOD CARE OF IT!**

TEMPERANCE RESOURCE



https://www.youtube.com/watch?v=aV8_hPL58p4

KidsTalk Health - Episode #2: "Terrific Temperance"