

Healthy Eating Tips

- **Enjoy your food**
- **Eat a variety of different foods**
- **Eat plenty of foods rich in starch and fibre**
- **Drink plenty of water**
- **Don't eat too many foods that contain a lot of fat**
- **Don't have sugary foods and drinks too often**
- **If you drink alcohol, drink sensibly**
- **Eat the right amount to be a healthy weight**

The Balance of Good Health

Need to include foods from the five food groups:

Breads, Cereals and Starchy Vegetable Group

Good source of carbohydrate, energy, fibre, vitamins and minerals, e.g., bread, chapatti, rice, cereals, potatoes, green bananas, beans and lentils. Make these foods the main part of your meals and choose wholemeal varieties of bread and cereals.

Fruit and Vegetables Group

Good source of fibre and vitamins. Try to include five portions of fruit and vegetables each day.

Milk and Dairy Foods Group

This group includes milk, cheese, yoghurt, etc. Good source of calcium, protein, vitamins and minerals. Try to include at least ½ pint milk/day.

Meat, Fish and Alternatives Group

E.g., meat, meat products, poultry, fish, eggs, nuts, beans, lentils, textured vegetable protein and other alternatives. Good sources of protein, vitamins and minerals. Include a portion of these foods twice/day.

Foods Containing Fat Group

E.g., butter, margarine, oils. Good source of energy. Use sparingly and include low fat varieties.

Healthy Dieting for an Adult

- Include foods from the five food groups each day
- Cut down on fat and sugar
- Do not skip meals
- Drink plenty of water
- Exercise regularly
- Cut down on alcohol

Ultimately whether you lose weight will depend on your total energy intake compared with your energy expenditure.

If you consume more energy than you expend, you will gain weight.

If you consume less energy than you expend, you will lose weight.

Food Supplements

A healthy individual does not require food supplements (from health food shops) to meet nutritional requirements.

A balanced diet including foods from the five food groups as stated above is adequate.

Excess intake of food supplements high in protein can damage your kidneys

By: Samantha Deans (Fitness Consultant)
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