

# The Eatwell Guide – how to achieve a healthy, balanced diet

Food group	Key message	How much should I eat?	Some examples of what foods are included?	Tips for healthier choices
<b>Fruit and vegetables</b> 	<p>“Eat at least 5 portions of a variety of fruit and vegetables every day”.</p>	<p><b>5 A DAY:</b></p> <ul style="list-style-type: none"> <li>- One portion = <b>80g</b></li> <li>- One portion of dried fruit = <b>30g</b></li> <li>- One portion of 100% unsweetened fruit juice/smoothie = limit to combined total of <b>150ml</b> per day</li> </ul>	<p>All fruit and vegetables, including fresh, dried, frozen, canned and juiced varieties.</p> <p>Dried and juiced varieties can each only count as a maximum of 1 of your 5 A DAY.</p> <p>Potatoes are <u>not</u> part of this group. They are included in the starchy carbohydrates group.</p>	<ul style="list-style-type: none"> <li>- Eat a variety of lots of different types of fruit and vegetables.</li> <li>- Add a banana to your breakfast cereal for extra sweetness.</li> <li>- Try having fruit as a morning snack, and vegetable sticks like carrot, cucumber or celery as an afternoon snack with some low fat hummus.</li> <li>- Add grated carrot or courgette to your pasta sauces like bolognese.</li> </ul>
<b>Potatoes, bread, rice, pasta and other starchy carbohydrates</b> 	<p>“Choose wholegrain or higher fibre versions with less added fat, salt and sugar”.</p>	<p>We should base our meals on starchy carbohydrates.</p> <p>This group should make up just over a <b>third</b> of the food we eat.</p>	<p>Potatoes, bread, rice, breakfast cereals, oats, pasta, noodles, maize, cornmeal, couscous, bulgur, polenta, millet, spelt, wheat, pearl barley, yams and plantains.</p>	<ul style="list-style-type: none"> <li>- Choose wholegrain varieties. They contain more fibre and other nutrients (e.g. wholemeal bread, whole wheat pasta or brown rice).</li> <li>- Leave the skins on potatoes for extra fibre.</li> <li>- Don't add too much fat to these foods (like butter, mayonnaise or creamy sauces), as this adds lots of extra calories.</li> </ul>
<b>Dairy and dairy alternatives</b> 	<p>“Choose lower fat and lower sugar options”.</p>	<p>We should try and have some milk and dairy foods (or dairy alternatives) in our diet <b>each day</b>.</p>	<p>Milk, cheese, yogurt, fromage frais, quark, cream cheese, dairy calcium-fortified alternatives to these foods, such as soya drinks and soya yogurts.</p> <p><u>Note:</u> Butters, creams and dairy ice-creams are not included in this group as they are high in saturated fat.</p>	<ul style="list-style-type: none"> <li>- Use food labels to help choose lower fat and sugar versions, such as semi skimmed milk or 1% fat milk, low fat yogurt and reduced fat cheese.</li> <li>- Use less of standard versions, e.g. choose a strong flavoured cheese to make a sauce like mature cheddar, so you can use less.</li> <li>- Choose unsweetened, calcium-fortified dairy alternatives.</li> </ul>
<b>Beans, pulses, fish, eggs, meat and other proteins</b> 	<p>“Eat more beans and pulses. Have 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat”.</p>	<p>Eating some foods from this group <b>each day</b> is important.</p> <p>High consumers of red or processed meat per day (90g or over) should try to cut down (no more than 70g).</p>	<p>Meat and poultry, white fish, oily fish, shellfish, nuts, eggs, beans and other pulses, and vegetarian meat alternatives such as tofu or mycoprotein.</p>	<ul style="list-style-type: none"> <li>- Choose lean cuts of meat and mince, and remove any visible fat on meat or skin on chicken to lower our saturated fat intake.</li> <li>- Grill, bake or poach meat and fish rather than frying, and try to avoid fish in batter, breadcrumbs or pastry, as they can be high in fat and salt.</li> <li>- Pulses (lentils, chickpeas, beans) are good alternatives to meat as they're low in fat, and high in fibre. Why not use in curries, stews or soups.</li> </ul>
<b>Oils and spreads</b> 	<p>“Choose unsaturated oils and spreads and eat in small amounts”.</p>	<p>Unsaturated fats provide essential fatty acids and fat soluble vitamins - so they're an important part of your diet. But, consumption should still be <b>limited</b> as they are high in calories.</p>	<p>Unsaturated oils (vegetable oil, rapeseed oil, olive oil and sunflower oil); soft spreads made from unsaturated oils.</p> <p><u>Note:</u> Butter is high in saturated fat and is not included in this group.</p>	<ul style="list-style-type: none"> <li>- Try to replace saturated fats with small amounts of unsaturated fats, which could help to reduce the risk of heart disease, e.g. rapeseed oil instead of coconut oil or butter.</li> <li>- Remember, all types of fat are high in calories, so we should use these in small amounts to help maintain a healthy weight.</li> </ul>
<b>Foods to eat less often and in small amounts</b> 	<p>This group is not needed as part of a healthy, balanced diet.</p>	<p>If you do choose to include these foods in your diet, they should be consumed <b>infrequently</b> and in <b>small amounts</b>.</p> <p>The majority are consuming too much saturated fat, sugars and salt</p>	<p>Foods/drinks high in saturated fat, salt and sugar - Chocolate and sweets, cakes and biscuits, puddings and pastries, jams, table sugar, syrups and honey, savoury snacks like crisps and pretzels, rich sauces and gravies, butter and ghee, cream and ice-cream, mayonnaise, fried foods and sugar-containing soft drinks.</p>	<ul style="list-style-type: none"> <li>- Rather than spreading butter, jam, marmalade or honey on your toast, try a scrape of low-fat spread or sliced banana instead.</li> <li>- Go for wholemeal fruit scones, fruit loaf or oatcakes instead of croissants, pastries, biscuits or cakes.</li> <li>- If you like fizzy drinks why not try diluting a small amount fruit juice with sparkling water and choose diet versions where possible.</li> </ul>