

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



The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.

Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as whole-wheat pasta, brown rice or potatoes with their skins on.

Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Cut down on saturated fat and sugar Saturated fat

You need some fat in your diet, there are 2 main types: saturated and unsaturated.

Saturated fat is found in foods, such as: fatty cuts of meat, sausages, butter, hard cheese, cream, cakes, biscuits, lard, pies

Try to cut down on saturated fat and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados.

Sugar

Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke

Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

Oily fish include:

Salmon, trout, herring, sardines, pilchards, mackerel

Non-oily fish include:

Haddock, plaice, coley, cod, tuna, skate, hake

Get active and be a healthy weight

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

Do not get thirsty

You need to drink plenty of fluids to stop you getting dehydrated.

The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.

Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.

But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

