

# Healthy Eating



# Food Pyramid/Eatwell Guide

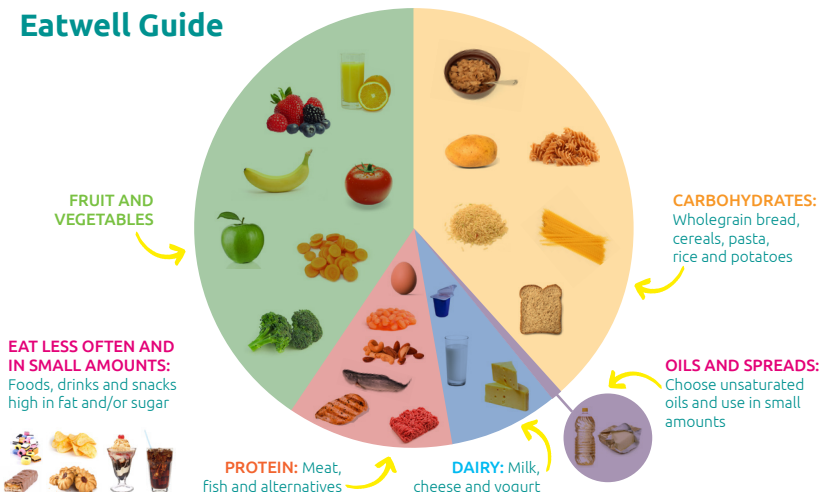
- Eating a healthy diet is very important.
- We need to eat the right foods so that our bodies work properly.
- The food pyramid/Eatwell Guide helps show us what foods to eat.



## Food Pyramid




## Eatwell Guide



## Fruit and Vegetables




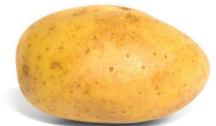
- The first section of the pyramid/plate is fruit and vegetables.
- We should eat **5-7 portions** from this section every day.
- A portion looks like: 



## Carbohydrates



- The second section of the pyramid/plate is carbohydrate.
- We should eat **3-5 portions** from this section every day.
- Examples: bread, potatoes, cereal, pasta and rice. 





## Dairy

- ☾ The third section of the pyramid/plate is dairy.
- ☾ We should eat **2-3 portions** from this section every day.
- ☾ Examples: milk, cheese and yogurt.



## Protein

- ☾ The fourth section of the pyramid/plate is protein.
- ☾ We should eat **2-3 portions** from this section every day.
- ☾ Examples: meat, fish, eggs and beans.



## Foods High in Fat, Sugar & Salt

FEW  
PORTIONS

- The last section of the pyramid/plate is the smallest section.
- We should **limit these foods**.
- Examples: chocolate, crisps, sweets and butter.
- Choose a reduced fat spread instead of butter, and use olive or rapeseed oil in cooking.



## Water

- Although water is not on the pyramid it is very important.
- Our bodies are made up more than half with water.
- We lose water when we sweat and go to the toilet.
- We must drink plenty of water to keep our body healthy.
- Try to drink **8 glasses or 4 bottles** of water every day.



x 8

## Healthy Takeouts

- Choose thin crust pizzas and add extra vegetables.



- Choose plain boiled rice instead of fried rice.



- Avoid battered dishes like sweet and sour and choose a stir fry instead.

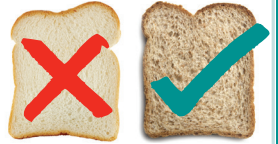


# Top Tips for a Healthy Diet

- Choose the low fat option for dairy foods.



- Choose wholemeal breads, pasta, rice and cereal.



- Trim all fat off meat.



- Don't add salt at the table.



- Enjoy fresh fruit and yogurt for a healthy dessert.



- Never skip meals.



Breakfast



Lunch



Dinner



# Portion Size

1  
PORTION

## 1 Carbohydrate Portion =



1 medium slice of bread



1/2 bagel



3 dessertspoons of rice



1 small bowl of cereal



1 medium potato



3 dessertspoons of pasta

## 1 Fruit or Vegetable Portion =



1 medium sized fruit



1 small glass (150ml)



2 small fruit



3 dessertspoons of cooked vegetables



1 cereal sized bowl of vegetable soup/salad

## 1 Dairy Portion =



1 small piece of cheese



1 glass of milk



1 small pot of yogurt

## 1 Protein Portion = a serving the size of a deck of cards:



## 1 Essential Fat Portion =



1 heaped teaspoon of reduced fat spread



1 teaspoon of oil