

## Tips for Good Eating Habits

- Eat 3 regular meals each day. This helps to avoid the temptation to snack on foods and drinks high in fat and / or sugar.
- Don't eat on the run, take time to sit down and enjoy your food.
- Don't eat while distracted for example when watching TV. You won't recognise what you are eating and are less likely to recognise when you are full.

# Your Guide to Healthy Eating

## Useful Websites

[www.healthyliving.gov.uk](http://www.healthyliving.gov.uk)  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
[www.bdaweightwise.com](http://www.bdaweightwise.com)

This document can be made available in Urdu, Chinese, Hindi, Arabic, large print, Braille or audio tape. Information in other languages and formats can be made available on request.

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## What is Healthy Eating?

Healthy Eating means eating a variety of foods from the different food groups each day and eating them in the correct proportions.

Use the eatwell plate to help you get the balance right. It shows you how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

### Liquids

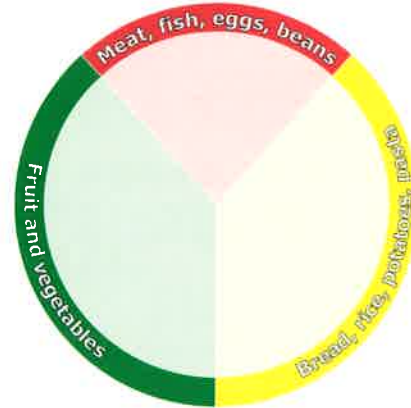
- Drink at least 8 - 10 cups of liquid every day especially water.
- Alcohol contains lots of calories and no nutrients.

### Physical Activity

- Regular physical activity is a very important part of keeping healthy.
- The current recommendation for adults is 30 minutes of moderate exercise on at least 5 days of the week.
- This does not have to be done all in one session, but can be split into smaller sessions.

## Your Plate

When you sit down for a meal, your plate should look roughly like this



- The smallest portion **on your plate** should be from the meat, fish, eggs and beans food group.
- You should have at least 2 portions from the bread, rice, potatoes, pasta or other starchy foods food group at each meal.
- You should have at least 2 portions from the fruit, vegetables and salad food group at each meal.

### Still Hungry?

Fill up first on fruit and vegetables then the starchy food group.

## Fruit and vegetables

Aim to eat at least 5 portions a day.

- Include at least 2 portions at each meal.
- Fruit makes a great snack in between meals.
- Vegetables are best lightly cooked and not overcooked.
- Choose fresh, frozen, dried or tinned varieties - they all count towards your 5 portions.
- Buy tinned fruit in natural juice.
- Buy tinned vegetables without added salt or sugar.

### Examples of 1 portion

- 2 tablespoons of cooked vegetables.
- A small bowl of salad vegetables.
- 1 medium fruit such as apple, banana, pear, orange.
- 2 pieces of small fruit such as satsumas, plums, kiwis.
- 1 cupful of berries, grapes or cherries.
- 1 tablespoon of dried fruit.
- 2 tablespoons of tinned or stewed fruit in own juice.
- 1 slice of a large fruit such as melon.
- 1 small glass of unsweetened fruit juice (150mls).

## Bread, rice, potatoes, pasta and other starchy foods

Aim to eat at least 5-8 portions a day.

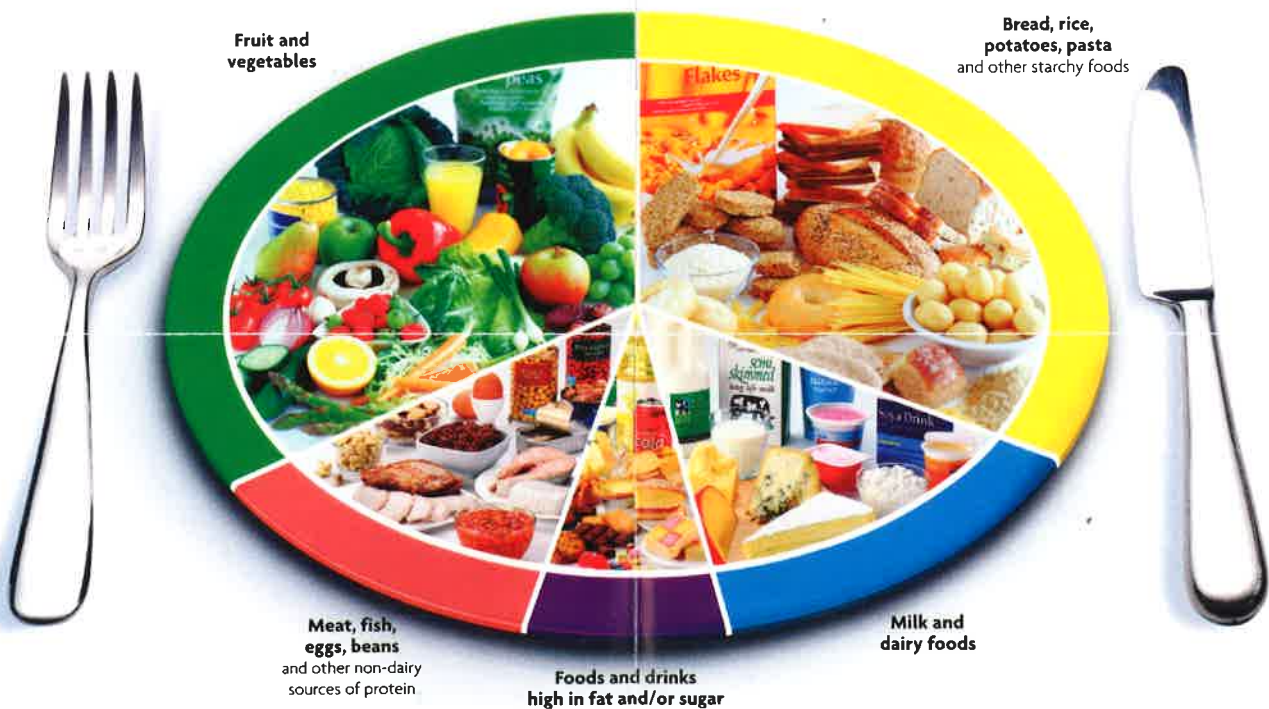
- Include bread, rice, pasta, cereals or potato at each meal.
- These foods are "filler" foods and help to prevent you feeling hungry between meals.
- Try to include wholegrain varieties.

### Examples of 1 portion

- 1 medium slice of bread or ½ roll or ½ bagel.
- 1 small pitta bread or chapatti or small wrap.
- 3 tablespoons of breakfast cereal.
- 1 wheat biscuit.
- 1 small bowl porridge.
- 3 tablespoons of cooked rice, pasta, noodles or sweet potato.
- 3 crackers or 2 oatcakes.
- 2 egg sized potatoes

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



**Meat, fish, eggs, beans** and other non-dairy sources of protein such as pulses, lentils, nuts, soya, tofu, quorn.

Aim to eat 2-3 portions a day.

- Choose lean cuts of meat and cut off any visible fat.
- Try to include oil-rich fish once a week - for example salmon, herring, mackerel or sardines.
- Try to include white fish once a week.

### Examples of 1 portion

- 2-3 oz (50-75 grams) of oil rich fish.
- 2-3 oz (50-75 grams) of cooked lean meat or poultry.
- 3-5 oz (75-125 grams) of cooked white or tinned fish in brine or water.
- 2 eggs.
- 4-5 tablespoons of cooked beans, peas or lentils or a small can of baked beans (200 grams).
- 2 oz (50 grams or 2 tablespoons) of nuts or nut products.
- 4 oz (100 grams) soya, tofu or quorn.

**Foods and drinks high in fat and/or sugar**

Try to eat just a small amount of foods and drinks high in fat and/or sugar.

- Foods such as cream, butter, pastry, crisps, cakes, biscuits and confectionary contain lots of calories but few nutrients - try not to eat them too often.
- Try to avoid sugary drinks and adding sugar to your tea and coffee.
- Keep spreading fats and oils to a minimum - use only a thin scraping of butter or margarine on bread, toast and sandwiches.
- Use a spoon when pouring cooking oil (preferably rapeseed, groundnut or olive), or try a spray oil, as this helps to control the amount used.

**Milk and dairy foods**

Aim to eat 2-3 portions a day.

- Choose low fat dairy products - for example semi skimmed milk or low fat yoghurt.
- Calcium helps to keep our bones strong and healthy - low fat dairy products contain as much calcium as full fat ones.
- Children, pregnant or breastfeeding women or older people should have 3 portions a day.

### Examples of 1 portion

- 1/3 pint (200 mls) of milk.
- 1 oz (25 grams) of hard cheese - small matchbox size.
- 4 oz (100 grams) of cottage cheese.
- 1 small pot (125 grams) of low fat yoghurt.
- 1 small bowl of milk pudding (125 grams).