



Benefits to eating healthily...



Here are just a few benefits of eating healthily

In adults, healthy eating can help you manage your weight. (see energy equation on page 12). It can improve your overall well-being and reduce the risk of developing diseases and becoming over weight or obese.

What is a healthy diet?

- Plenty of starchy foods such as bread, rice, pasta, breakfast cereals, potatoes, yams and sweet potatoes. Look for higher fibre versions where possible (eg. wholemeal bread or pasta).
- At least five portions of a variety of fruit and vegetables daily (frozen and tinned in juice are equally as good as fresh).
- Moderate (not too much) amounts of dairy products (cheese, yoghurt or milk). Look for low fat versions where possible.
- Moderate (not too much) amount of lean meat, chicken skin removed, fish or alternatives such as eggs, beans, peas, lentils or nuts. (try not to add extra fat and to use low fat cooking methods e.g. grilling, steaming, boiling).
- The occasional treat that is high in fat and/or sugar should only be eaten in moderation.
- Use little or no salt in cooking and try not to add extra salt at the table.