



Healthy Living Tips

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. It doesn't have to be difficult either. Just follow these tips to get started.

The key to a healthy diet:



2,500
calories a day



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Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

1 Base your meals on starchy foods



Starchy foods should make up around **one third of the foods** you eat. (e.g. potatoes, cereals, pasta, rice and bread)



Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can help you feel full.

Tip Try to include at least one starchy food with each main meal.



2 Eat lots of fruit and veg



It's recommended that we eat at least **five portions** of different types of fruit and vegetable a day.



A glass of unsweetened 100% fruit juice (150ml) can count as one portion, and vegetables cooked into dishes also count.

Tip



Include a banana in your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit.

3 Eat more fish



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

Oily fish are one of the only natural food sources of vitamin D, important for bone health. Oily fish includes salmon, fresh tuna, sardines, mackerel and trout.



4 Cut down on saturated fat and sugar



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Sugar

Tip

If you get a sweet craving, try having fruit instead!

5 Don't get thirsty



Aim for **8-10 glasses** of fluid per day. Water is the best choice as it hydrates you without adding any extra calories to your daily intake.

Most types of drink count including water, tea, coffee, soft drinks, milk, fruit juice and smoothies, but try to avoid added sugar in your drinks as this can increase risk of dental decay.



6 Get active and be a healthy weight!



Physical activity can help you to maintain weight loss or be a healthy weight. Being active doesn't have to mean hours at the gym: you can find ways to fit more activity into your daily life.

Tip

Try getting off the bus one stop early on the way home from work, and walking. Being physically active may help reduce the risk of heart disease and stroke.

7 Don't skip breakfast



A healthy breakfast can provide fibre, calories, vitamins and minerals important for health.



Choose wholegrain cereals, porridge or wholemeal toast with fruit for a healthy start to the day.