

Healthy eating guide



To help teach children about healthy eating, it is important to use the UK healthy eating model - the Eatwell Guide.

The Eatwell Guide shows the type and proportion of different groups of food which are needed to make up a healthy, varied diet. It applies to all healthy people over two years of age. Not every meal has to be in the same proportions as the Eatwell Guide. However, balance should be achieved over a day or several days. Young children and pregnant women have different nutritional needs from the general population.

The Eatwell Guide

Use the Eatwell Guide to help you eat and drink well. You do not have to get the balance right at every meal, but try to get it right over a day or more.



6-8 a day





Fruit and vegetables

This group should make up just over a third of the diet.

We should have at least five portions of a variety of fruit and vegetables every day. Fresh, frozen, dried, canned and juiced* all count. Fruit and vegetables provide vitamins, minerals and fibre.

Potatoes, bread, rice, pasta and other starchy carbohydrates

This group should make up just over a third of the diet.

We should have a food from this group with every meal. For example, cereal for breakfast, bread with lunch and rice with an evening meal. We should try to have wholegrain varieties of these foods to increase fibre intake. Foods in this group provide energy.



Dairy and alternatives

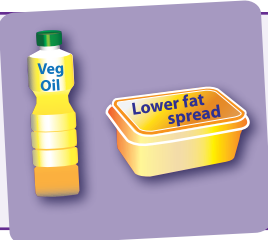
We need a moderate amount of these foods in the diet.

Foods in this group include milk, yogurt, cheese, fromage frais and calcium fortified products such as soya drinks. We are encouraged to choose lower fat and lower sugar varieties of these foods, e.g. semi-skimmed milk, reduced fat cheese. Foods in this group provide calcium.

Beans, pulses, fish, eggs, meat and other proteins

We should try and eat a variety of foods from this group.

We are encouraged to eat at least two portions of fish a week, including one portion of oily fish. Foods in this group provide protein.



Oil and spreads

We only need a very small amount of these foods for health.

This group includes plant based oils and spreads, e.g. vegetable oil, rapeseed oil, olive oil and sunflower spreads. A small amount of fat is needed in the diet for general good health.

Foods high in fat, salt and sugars

These foods and drinks are not needed for health.

If these foods or drinks are consumed, it should only be occasionally and in small amounts. Most people need to cut down on the amount of high fat, salt and sugar foods and drinks in their diet.



Hydration

We need at least 6-8 drinks a day.

We should drink more when the weather is warm or we are active. Healthier drink choices include water and lower fat milk. We need to drink plenty of fluids to stay hydrated.

*Fruit juice and/or smoothies can also count but should be limited to a combined total of 150ml a day.

To support the Eatwell Guide, there are also eight tips for healthy eating. These are:

- 1 Base your meals on starchy carbohydrates**
- 2 Eat lots of fruit and veg**
- 3 Eat more fish - including a portion of oily fish**
- 4 Cut down on saturated fat and sugar**
- 5 Eat less salt - no more than 6g a day for adults (less for children)**
- 6 Get active and be a healthy weight**
- 7 Don't get thirsty**
- 8 Don't skip breakfast!**

To find out more about the eight tips, go to www.nhs.uk

Sources of further information
www.nutrition.org.uk
www.foodafactoflife.org.uk
www.nhs.uk