

Healthy eating hints and tips

	Portions	Hints and tips
Fruit and veg	Try to include 5 a day in your daily intake. Limiting fruit juice and smoothies to a combined total of 150ml can count as 1 of your 5 a day.	Bulk out your meals with vegetables such as grated carrot, mushrooms or peppers for an extra portion of your 5 a day. This can help spread your meals further.
Potatoes, bread, rice, pasta and other starchy carbohydrates	Choose wholegrain varieties or keep the skins on potatoes for more fibre, vitamins and minerals.	Base your meals on this food group. If you are having chips, go for oven chips which are lower in fat and salt. If you are serving starchy foods, try to avoid adding too much fat (e.g. oil or butter on roast potatoes) or sauces (creamy pasta).
Dairy and dairy alternatives	Choose lower fat options where possible.	Try swapping to 1% fat milk as opposed to whole or semi-skimmed milk. Cheese is high in saturated fat, so try buying reduced fat cheese.
Beans, pulses, fish, eggs, nuts, meat and other proteins	Eat at least 2 portions (2 x 140g) of fish each week, one of which is oily. Limit processed meats such as sausages, bacon and cured meats. Aim to consume no more than 70g of red or processed meats per day.	When you're buying meat, ask your butcher for a lean cut or compare the labels on different products and choose the one lower in saturated fat.
Oils and spreads	Use these products sparingly as they are high in fat.	Cutting down on these types of foods could help to control your weight as they are high in calories.
Drinks	Water, lower fat milk and sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.	Drink plenty of water — aim for 6-8 glasses a day. Limit alcoholic drinks to 14 units per week.
Foods to eat less often and in small amounts	Cakes, biscuits, chocolate, sweets, puddings, pastries, ice cream, jam, honey, crisps, sauces, butter, cream and mayonnaise.	Cut down on saturated fat and sugar.