

A Healthy Balanced Diet

Week 3

Fruit & Vegetables



Fruit and vegetables are a good source of vitamins, minerals and fibre, and should make up just over a third of the food you eat each day.

It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced.

There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers

Eating 5 portions

A portion for secondary school children is:

- Pulses including lentils, kidney beans and chick peas 30g dried
- Baked beans – 90g-100g
- Bread – 80-100g
- Pasta 0 65-80g
- Rice – 55-60g
- Starchy foods – raw 120-150g
- Vegetables – 80g
- Poultry – 85-125g
- Red meat 75-90g

Top Tips For Eating More Fruit & Veg

1		"Canned, frozen and dried fruit & veg count too"
2		"I didn't realise potatoes don't count towards your 5 A DAY"
3		"A portion of fruit & veg is about 80 grams"
4		"Buying fresh fruit & veg in season can be cheaper"
5		"I hide chopped veg in spaghetti bolognese sauce"

Starchy Foods

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods.

Choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, wholewheat pasta, and brown, wholemeal or higher fibre white bread.

They contain more fibre, and usually more vitamins and minerals, than white varieties.



Including starchy food

Breakfast

Choose wholegrain cereals

- Plain porridge with fruit
- Whole oats with fruit and yoghurt makes a tasty summer breakfast.





Lunch and dinner

- Try a baked potato for lunch – eat the skin for even more fibre
- Instead of having chips or frying potatoes, try making oven-baked potato wedges
- Have more rice or pasta and less sauce – but do not skip the vegetables
- Try breads such as seeded, wholemeal or granary
- Try brown rice and pasta

Milk & Dairy

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy.

Choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt.

Dairy alternatives, such as soya drinks, are also included in this food group.

When buying alternatives, choose unsweetened, calcium-fortified versions.



Protein

Beans, pulses, fish, eggs, meat

These foods are all good sources of protein, which is essential for the body to grow and repair itself.

They're also good sources of a range of vitamins and minerals.

Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12.

Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat. Always cook meat thoroughly.





- Try to eat less red and processed meat like bacon, ham and sausages.
- Eggs and fish are also good sources of protein and contain many vitamins and minerals. Oily fish is particularly rich in omega-3 fatty acids.
- Aim to eat at least 2 portions of fish a week, including 1 portion of oily fish.
- Pulses, including beans, peas and lentils, are naturally very low in fat and high in fibre, protein, vitamins and minerals.
- Nuts are high in fibre, and unsalted nuts make a good snack. But they do still contain high levels of fat, so eat them in moderation.

Fats & Oils

- A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself.
- Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.
- Any fat that's not used by your body's cells or turned into energy is converted into body fat. Likewise, unused carbohydrates and proteins are also converted into body fat.
- All types of fat are high in energy.





The main types of fat found in food are:
saturated fats
unsaturated fats

Most fats and oils contain both saturated and unsaturated fats in different proportions.

As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats.

Eatwell Guide

Check the label on packaged foods:

Each serving contains

Energy 1000kJ 200kcal	Fat 5g	Saturated fat 1.2g	Sugar 5g	Salt 0.6g
12.5%	1%	0.3%	10%	15%

of an adult's reference intake
Typical values (as added) per 100g: 807kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with Scotland and the Food Standards Agency in Northern Ireland

Further Resources

This is a free 8-week email programme that encourages families to eat better and move more, with budget conscious, easy and practical ideas.

www.healthysteps.uk



Thank You