

# 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

## 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"

A portion for primary school children is:

- 40-60g of fresh, canned or frozen fruit and vegetables
- 15g to 30g or half to 1 tablespoon of dried fruit – which should be kept to mealtimes
- Just 1 small apple, banana, pear or similar-sized fruit is 1 portion each.
- A slice of pineapple or melon is also 1 portion

- Adding a teaspoon of dried fruit to morning cereal is an easy way to get 1 portion.
- You could also swap your mid-morning biscuit for a banana and add a side salad to your lunch.
- In the evening, have a portion of vegetables with dinner and fresh fruit with yoghurt for dessert to help reach your 5 A Day.



# 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.



# 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 12.5%	Fat 5g 10%	Saturated fat 1.0g 20%	Sugar 10g 20%	Salt 0.6g 10%
	Low	Low	High	High

of an adult's reference intake  
Typical values (as sold) per 100g/100ml/100kcal

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.



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

# Milk



## Breast Milk

The World Health Organization recommends that all babies are exclusively breastfed for the first 6 months of their life, and from 6 months babies should start eating solid foods as well as being breastfed for up to 2 years or longer.

## General guidance on formula feeding after 6 months

- 7 - 9 months – Around 600ml of Infant formula could be offered per day
- 10 - 12 months – Around 400ml of Infant formula could be offered per day
- 1 - 2 years – Around 200ml of Full-fat cows' milk could be per day

Seek advice if using plant-based milk alternatives as these are lower in energy than full-fat animal milk.



# Milk



Whole milk and full-fat dairy products are a good source of calcium, which helps your child build bones and keep teeth healthy.

They also contain vitamin A, which helps the body resist infections and is needed for healthy skin and eyes.

Try to give your child at least 350ml (12oz) of milk a day, or 2 servings of foods made from milk, such as cheese, yoghurt or fromage frais.

Semi-skimmed milk can be introduced from the age of 2, provided your child is a good eater and growing well for their age

Skimmed or 1% fat milk doesn't contain enough fat, so isn't recommended for children under 5. You can use them in cooking from the age of 1

You can give your child unsweetened calcium-fortified milk alternatives, such as soya, almond and oat drinks, from the age of 1 as part of a healthy, balanced diet



# Milk Alternatives



Any whole animal milk is suitable as the main drink from 1 year of age – cows', goats' or sheep's milk, as long as these are pasteurised

Alternatively, unsweetened calcium-fortified plant-based alternatives made from plants such as soya, oats, hemp, nuts, coconut or peas can be given

These can also be called soya drink, oat drink etc. However, care needs to be taken if milk alternatives are used for children under 5 that the diet is energy and nutrient dense as milk alternatives are lower in energy and some nutrients

Some milk alternatives do not provide important nutrients such as riboflavin and iodine that animal milks provide

**Do not give rice milk alternative (also called rice milk drink) to infants or children under 5**

For information on non-dairy sources of calcium and milks to choose for children who avoid dairy products

Eating well: vegan infants and under-5s, available from [www.firststepsnutrition.org/eating-well-resources](http://www.firststepsnutrition.org/eating-well-resources)



# Recommended Vitamins

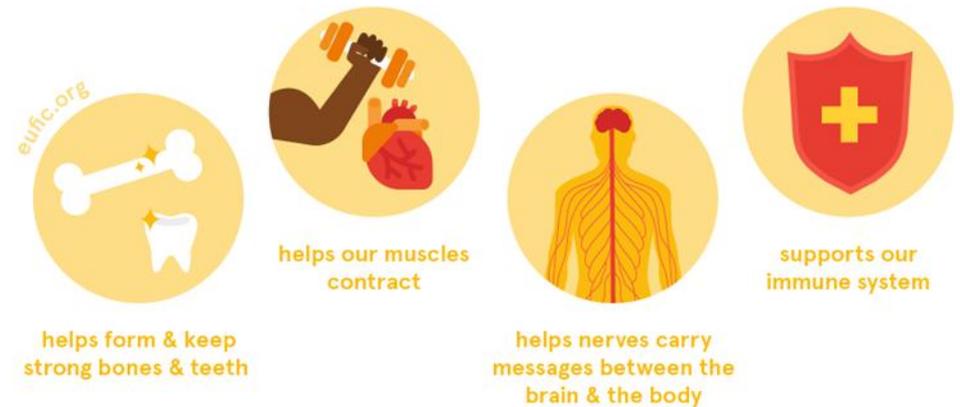


- All children aged 6 months to 5 years should have a vitamin supplement containing vitamin A, C and D
- Check online if you qualify for Healthy Start at [Get help to buy food and milk \(Healthy Start\)](#)
- Always follow the recommended dose as too many vitamins can be harmful

# Vitamin D

- Breastfed Babies from birth to 1 year should be given a daily supplement containing 8.5-10 micrograms of vitamin D
- Babies having more than 500mls a day of infant formula do not need to be given vitamin supplements, because the formula is fortified with Vitamin D and other nutrients
- Children 1-4 years should be given daily supplement containing 10 micrograms of vitamin D
- Vitamin D is found in only few foods. Oily fish, eggs, it is added to some foods for example, fat spreads and breakfast cereals. But it is difficult to get enough vitamin D from food alone
- Vitamin D comes from sunlight on the skin, but it is important to keep your child's skin safe when in the Sun

## functions of vitamin D



# Thank You

Hope you enjoyed this week's presentation.