

Every Day Nutrition

Hydration

- Regularly sip fluids throughout the day
- Try adding fresh lemon, lime, mint, ginger and /or fresh fruit to water to give it flavour
- Be aware of added sugar and avoid sweeteners



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

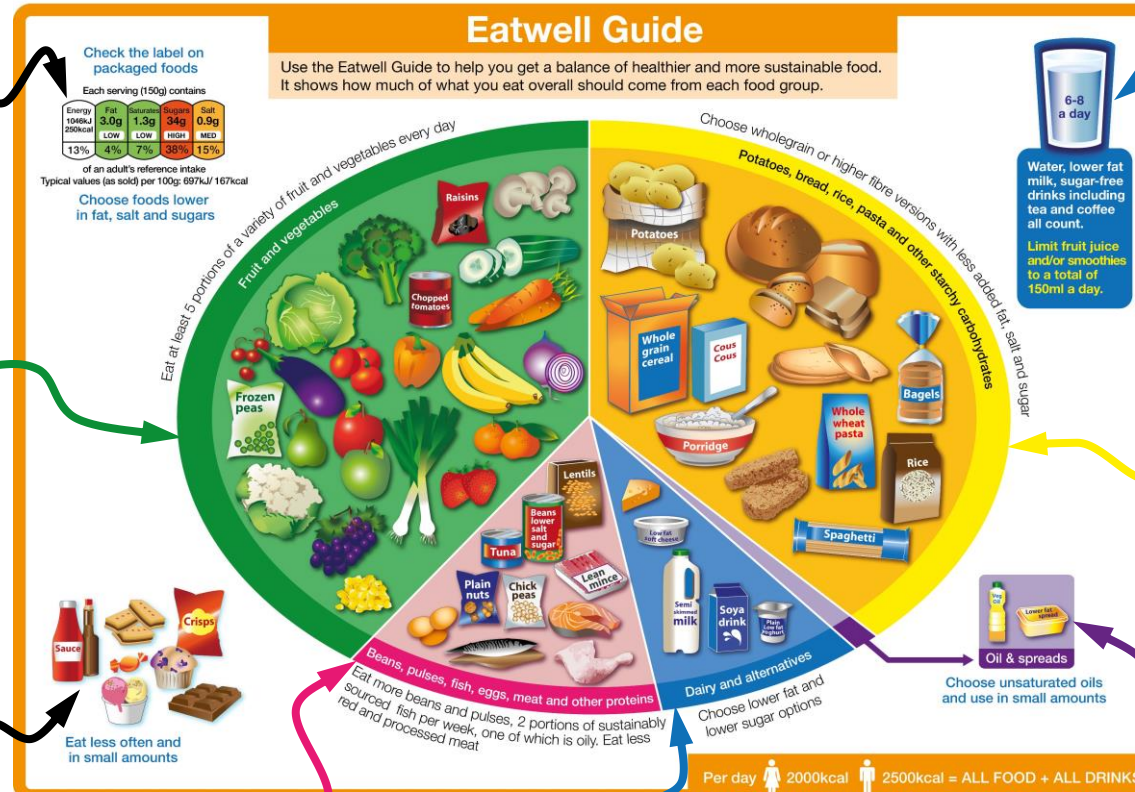
Carbohydrates

- Be aware of the toppings you have with carbohydrates as they can be high in salt, sugar and fat
- Look out for added sugar
- 1 portion = 1 handful uncooked rice, 2 handfuls uncooked pasta, or a potato that fits in your hand

Fat

- Important to have some fat in diet including saturated, polyunsaturated and saturated
- Try and avoid hydrogenated fats - found in fried foods, cakes and pastries and margarine.
- Eat less fat that is good quality e.g. butter instead of margarine, coconut oil has some great health benefits, olive oil, flaxseed oil

Use your hand as a simple guide when deciding how much to eat - the portion should be in proportion to the person eating the meal



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

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Protein

- Avoid frying where possible
- Beans and lentils are a great source of vitamins + minerals
- 1 portion = the size of your palm

Dairy and Dairy Alternatives

- Be aware of added sugar in low fat brands and dairy alternatives
- Aim for 3 portions a day
- 1 portion = 2 thumbs for a piece of cheese, 330ml milk or a small pot of yoghurt

Sugar

- High in 'empty' calories, sugar is added to many foods that you wouldn't expect eg bread, crisps, pasta sauces, condiments
- Read labels:
5g or less per 100g = low sugar

Salt

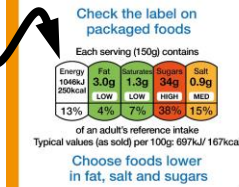
- Recommended daily intake is 6g salt
- Read labels sodium x2.5 to get amount of salt

5 a day

- Aim for more vegetables than fruit
- 1x 150ml glass fruit juice or smoothie a day
- Can be fresh, frozen, canned, dried, raw or cooked
- 1 portion = 1 handful e.g. 1 apple, 2 plums

Traffic Lights

- A simple way to see how healthy a meal is, look out for the Traffic Light guide on many packets
- Be aware, schemes differ and may not always give the same information e.g. serving size, per 100g etc.
- A pack may contain more than "one serving"



Healthy Meal Ideas

Try and include something from every food group at each meal – protein, slow release carbohydrates, dairy, fruit and vegetables and a small amount of fat

Breakfast:

Breakfast should provide about 20-25% of daily nutrition. Make sure you have foods that are easy to grab if you are in a hurry e.g. bananas, toast, porridge at work

- Porridge (not quick cook packets), with added seeds, nuts and fresh fruit
- Wholegrain toast and scrambled eggs
- Wholegrain toast and natural nut butter
- Muesli (no added sugar), nuts, dried fruit and plain yogurt
- Overnight oats with fruit and nuts
- Homemade smoothie or green juice *
- Homemade oat and blackberry muffins *

Snacks:

- 2 handfuls of plain pop corn
- Fruit
- Small handful Nuts and seeds
- Houmous and vegetables or oat crackers
- 150ml plain yoghurt and fruit or seeds
- One apple and a small handful of almonds
- A boiled egg

Lunch:

Look for sandwiches that have mainly green traffic lights, especially in the fat

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

Look for sandwiches that include salad. Look out for added sugar and salt

- Sandwiches on wholemeal bread with added salad, have a yoghurt as dessert
- Soup – vegetable and pearl barley soup *
- Leftovers from the night before
- Couscous with roast vegetables and houmous *
- Jacket potato with tuna and salad

*Recipes for these meals and a variety of others can be found on our website