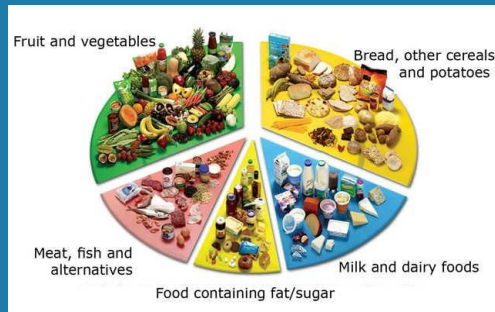


Eatwell Plate



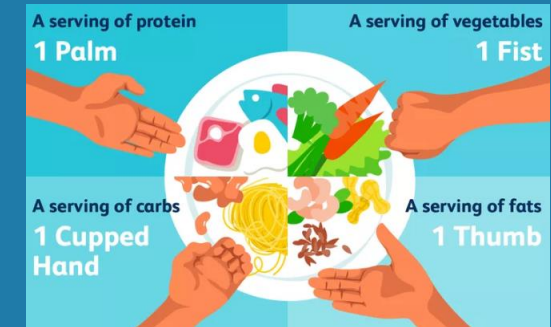
Eating fruit & veg provides the body with a wide range of vitamins and minerals and also fibre. The ideal ratio is 2 portions of fruit to 3 portions of veg. What counts as 1 of your 5-a-day varies. The portion size for fresh/frozen/canned fruit and veg is 80g, for dried fruit and veg it's 30g and for juices it's 150ml (juices should be limited to one glass per day). An easy way to make sure you get your 5-a-day is to have a portion of fruit and/or veg with every main meal and as a snack choice



5 A Day

Healthy Eating

Portion Size



It's important to remember that portion size varies between individuals. This can be hard when having family meals with people who are of different ages and sizes. Someone who is 5 years old will not need to eat the same as an 18 year old! An easy way to get the correct portion size is to use your hand as a serving guide (see image above)

Aim for your diet to be made up of roughly 55% carbohydrates (eg. bread, pasta, potatoes, cereals, fruit and veg), 30-35% protein (eg. meat, fish, meat alternatives and milk), and 10-15% fats (eg. vegetable oils, nuts, dairy, and biscuits)

Vitamins & Minerals



Vitamins and minerals are essential in helping the body function properly and to boost immune health. For the majority of people, a balanced diet will provide enough of each vitamin and mineral to maintain health. However, vitamin D in particular is hard to obtain from the diet as it isn't easily absorbed. The best source of vitamin D is from sunlight (between the months of April – September) or from supplementation (if prescribed by a doctor)

Snacking



Snacking is a great way to keep your energy levels topped up between meals, especially if you are keeping active throughout the day. However, it is important to remember to choose your snacks wisely! Aim for snacks that provide a slow release of energy and some protein (eg. banana, peanut butter on toast, rice cakes, homemade milkshake, nuts, and low-sugar cereal) rather than sugary and high fat treats!

Hydration



As well as food, it's essential you have enough fluid each day to remain hydrated. Being dehydrated reduces the body's ability to function properly, both physically and mentally. The current recommendation is 6-8 glasses (1.2L) of fluid per day (NHS). This includes water, milk, fruit juice, tea and coffee. You may require more than 6-8 glasses per day if you are losing fluid by sweating from exercise and hot temperatures. It's a good idea to carry a water bottle around with you to remind you to have small sips little and often