

What Is A Balanced Diet For Me?

A balanced meal contains all the food groups

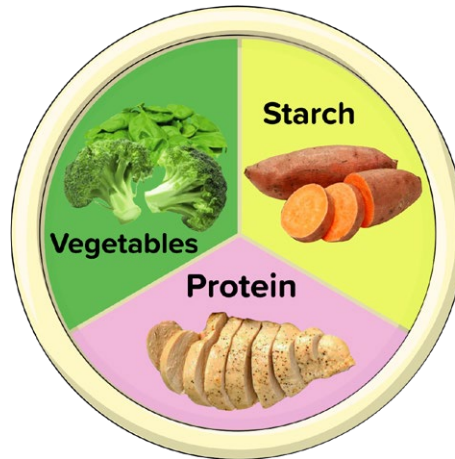
Carbohydrates

Choose wholegrain or higher fibre versions
of starchy carbohydrates.

Wholegrain
Bread



Brown
Rice



Wholewheat
Chapati



Brown
Pasta



Quinoa



Sweet or
New
Potatoes



SUGAR

Be aware sugar is
added to everyday
foods such as cereals,
sauces, coleslaw and
baked beans.



Low calorie squashes,
plain biscuits and
sweeteners can all be
good alternatives to
high sugar foods.

Low Glycaemic Index (GI) Foods

Low GI foods cause your blood glucose levels to rise and fall more slowly and they keep you full and satisfied for longer.

Give preference to high fibre carbohydrates as these tend to have a lower GI.

Large portion sizes make it more difficult to control glucose levels.



Low to moderate GI foods include:

Wholemeal Pitta Bread

Granary or Seeded Breads

Wholegrain Cereals

Wheat Biscuits

Shredded Wheat

Rolled Oats (Porridge)

Oat Bran Flakes

Unsweetened Muesli

Basmati, Brown Or Wild Rice



New Potatoes or Sweet Potatoes



Brown Pasta

Wholemeal Biscuits

Crackers

Low Fat Digestives

Crispbreads



Fruit And Vegetables

Aim for at least **5** portions a day

Aim to eat as many colours of fruit and vegetables as possible.
Eat a rainbow!

Fruit

Limit fruit to 2 or 3 portions a day



Salad



Green, Leafy and Root Vegetables

Frozen fruits & berries are just as good. Especially for making smoothies.

Ways to include fruit and vegetables in your diet

Choose Healthy Snack Options



Such as cucumber and celery sticks with hummus



Homemade vegetable soup is a great way to add vitamins and minerals to your diet.

Get creative with salads. See how colourful you can get.



Choose fruit and salad as side options on school lunches.

Add extra vegetables to meals such as curries or pasta dishes



Proteins

Protein is an important food group for growth and maintenance of muscle, skin, hair and nails.

Protein and carbs eaten together can help sustain glucose levels between meals.

Healthy Protein Foods

Yogurt



Nuts

**Low Fat
Red Meat**

Lentils

Oily Fish



White Fish

Chicken



Turkey



Shellfish

Eggs



**Reduced Fat
Cheese**

Milk

Beans



Healthy Vegetarian Protein Foods

**Soya or Oat
Milks**

**Soya or Quorn Meat
Substitutes**

Tofu



Beans

**Soya
Yogurt**



Lentils



Eggs

Chick Peas

Peas



Nuts



Peanut Butter

Seeds



**Reduced Fat
Cheese**

Buckwheat

Quinoa



Include a protein portion with all meals



Red meat, oily fish, eggs, peas, beans and lentils are good sources of iron which helps to make new red blood cells.



Vegetable proteins are good for heart and digestive health and lowering cholesterol.

Include these foods regularly even if you are not vegetarian:

Seeds Nuts Lentils Beans Soya Peas

Fats

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.

There are two types of fat; Saturated and Unsaturated

Too much fat in your diet, especially saturated fats, can raise your cholesterol, which increases the risk of heart disease.

✗ Saturated Fats

! Reduce sources of saturated fat in your diet. !

Saturated fats are solid at room temperature

Saturated fats tend to be of animal origin. For example meat fat, or dairy products such as butter and cheese.



Cakes, biscuits and pastries are high in saturated fats.

Try to eat two portions of fish per week, one of which should be an oily fish, for example salmon, herring/kipper, trout, mackerel or sardines.

✓ Unsaturated Fats

Unsaturated fats are generally found in plant foods such as seeds, nuts, olives and avocados.



Choose extra virgin olive oil for cooking and salads.



Unsaturated fats are liquid at room temperature.

Lean meat and chicken without the skin is healthier than sausages, burgers and pies.

