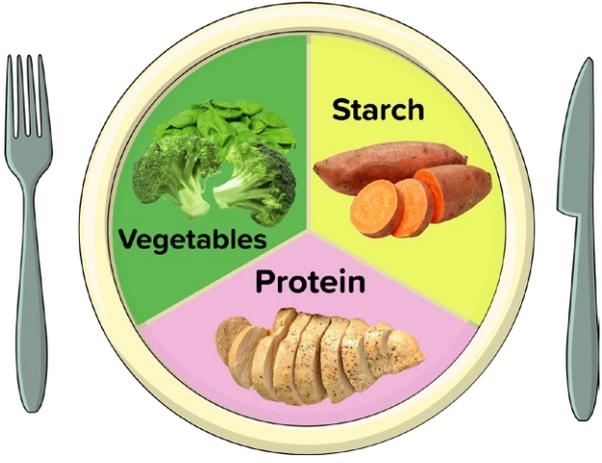


What Is A Balanced Diet For Me?

A balanced meal contains all the food groups

Carbohydrates

Choose wholegrain or higher fibre versions of starchy carbohydrates.



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
Low Fat Digestives

Crackers
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



Green, Leafy and Root Vegetables

Salad

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

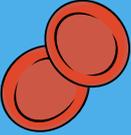
Yogurt 	Nuts	Low Fat Red Meat	Lentils	Oily Fish 
White Fish	Chicken 	Turkey 	Shellfish	
Eggs 	Reduced Fat Cheese	Milk	Beans 	

Healthy Vegetarian Protein Foods

Soya or Oat Milks	Soya or Quorn Meat Substitutes	Tofu 
Beans	Soya Yogurt 	Lentils 
Chick Peas	Peas 	Nuts 
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.

