

What is a Healthy Diet for me?

Carbohydrates

Include starchy carbohydrates at each meal. They should only fill 1/4 of your plate.

Brown Pasta

Brown Rice

Wholegrain Bread

Sweet Potatoes

Wholewheat Chapati

Quinoa

Sugar

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

Limit treat food to 1 per week

Low calorie squashes, low fat digestive and sweeteners can all be good alternatives.

Low Glycaemic Index (LGI) 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. Take a look at our portion control guide for advice [here](#).

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

5

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



Add extra vegetables to meals such as curries or pasta dishes



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.

Reduce sources of saturated fat in your diet.

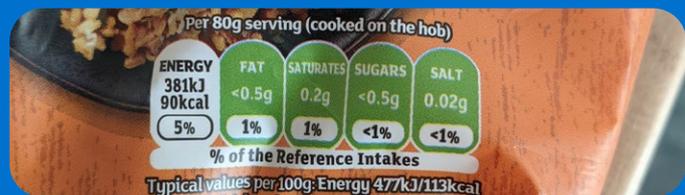
✗ Saturated Fats

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



Saturated fats are solid at room temperature.

Cakes, biscuits and pastries are high in saturated fats



Choose food labels with less than 1.5g saturated fat per 100g on the back of the packet and green on the label on the front of the packet.

✓ Unsaturated Fats

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



Unsaturated fats are liquid at room temperature

Choose vegetable oils when cooking (use small amounts).

All types of fats are high in energy, 1 gram of fat, whether its saturated or unsaturated provides 9 calories. This is more than double the amount of calories in 1g or carbohydrates or 1g or protein.

How to include less saturated fats and more good fats in a healthy diet

Choose lean meat and chicken without the skin, rather than sausages, burgers and pies.



Eat two portions of fish per week (from a sustainable source), one of which should be an oily fish, for example salmon, herring/kipper, trout, mackerel or sardines.



Try semi-skimmed or skimmed milk.

Measure oil when cooking to limit to 1 tsp per person.

Avoid frying instead grill, steam, bake or microwave.



Avoid using and cooking with butter, margarine and lard.



Grating cheese makes it go further.



A portion of cheese is a small (matchbox) size piece.



Try reduced fat or half fat hard cheese, low fat cheese spreads or cottage cheese.

