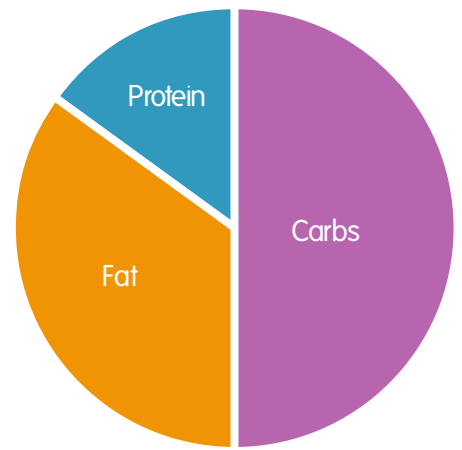


7 tips for a healthy diet



1. Choose wholegrain versions of carbohydrates e.g. whole wheat pasta, brown rice, wholemeal bread or wholegrain breakfast cereals.
2. Have fruit or vegetables in every meal and snack - and eat a rainbow of colours.
3. Include some lean protein in your meals e.g. skinless chicken, eggs, fish, Quorn, pulses or lean beef.
4. Include at least 3 portions of low fat dairy foods or calcium fortified dairy alternatives each day. 1 portion = 30g cheese or 250ml glass of milk or 125g pot of yogurt.
5. Choose foods containing good fats e.g. nuts, seeds, avocado, fresh salmon, tuna or mackerel.
6. Keep portions of treats small and infrequent e.g. a few squares of chocolate or 1 biscuit.
7. Follow the 80:20 rule - eat well 80% of the time so the other 20% you can enjoy a few treats.

Eat more



Salmon



Fresh fruit



Whole wheat



Low fat natural yogurt



Fresh vegetables



Full sugar fizzy drinks



Takeaways



Reduced fat milk



Fatty meat



Sweets



White bread



Fast food



Cheese



Alcohol

Eat less