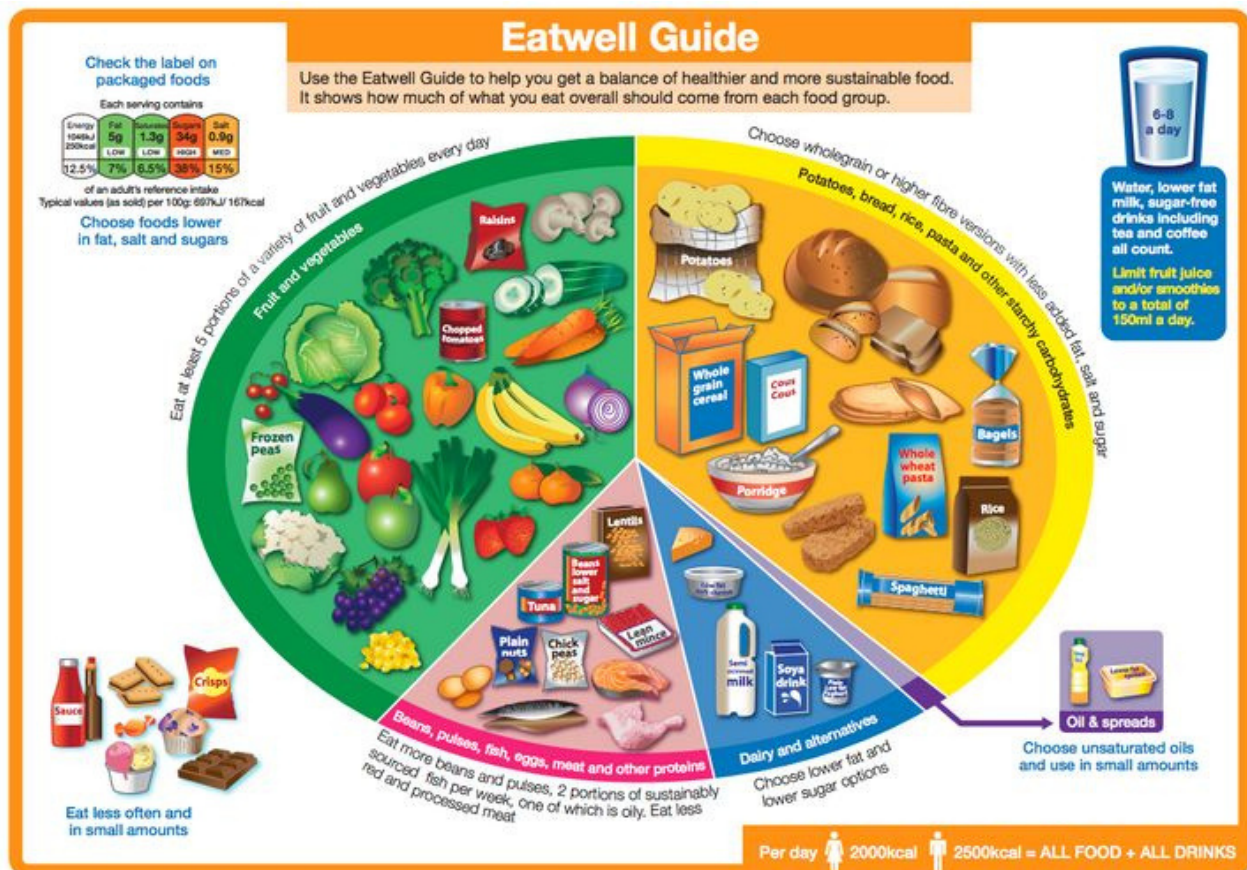


The Eatwell Guide



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The Eatwell Guide is a government tool to help us understand what makes up a healthy balanced diet.

Carbohydrates

Carbohydrates are important as they provide your body's main source of energy. There are three different types of carbohydrates: **Sugar**, **Starch** and **Fibre**.

After being consumed, carbohydrates are broken down into **glucose (sugar)**, which is used to fuel everything that you do from breathing to physical activity.

Breakfasts with high carbs such as **porridge** are a really good way to fuel your body

Focus on **starchy carbs** for slow releasing energy, **fibre** to help aid digestion and consume **sugar** in smaller amounts

A **third** of your diet should be made up of carbohydrates.

Here are some examples of carbohydrates you can have!



Fruit and Vegetables

Fruit and vegetables are important within the diet as they contain the majority of vitamins and minerals we need

Vitamins and Minerals are essential for:

- Maintaining healthy cells
- Supporting a healthy heart
- Reducing the risk of strokes, cancer and heart disease

Fruit and vegetables also are great source of fibre which helps us to stay fuller for longer

They are also low calorie and can help us to maintain a healthy weight



Fruit and vegetables should make up a **third** of our daily food intake

We should be aiming for **5 portions** of fruit and vegetables per day

Here are some examples of fruits and vegetables you may want to try

Protein

Protein is an important nutrient that our bodies need.

It is **essential** for:

- The growth and repair of the body
- Providing essential vitamins and minerals
- Building healthy muscles, skin, nails, hair and blood
- Helping us to feel full
- Controlling appetite

We should aim to eat **lower fat** sources of protein as some sources can be high in saturated fat



Aim for at least two portions of fish per week, one should be an oily fish such as salmon.

Here are some examples of protein that you can try!



Dairy

Milk and other dairy products, including cheese and yoghurt, are great sources of **protein** and **calcium**.

Dairy forms an important part of a **healthy, balanced** diet, especially in children.

If needed, unsweetened calcium-fortified dairy alternatives such as soya milks, yoghurts and cheeses, can also count as part of this food group.

Aim for **healthier** dairy choices by consuming options lower in fat and sugar, as much of the fat in dairy foods is saturated fat. For older children and adults, too much saturated fat can lead to weight gain.

Along with providing **protein**, **calcium** and **essential fats**, dairy products also provide a range of **essential vitamins**.

Here are some examples of dairy products you can try!



Fats

A small amount of fat is necessary for a healthy balanced diet for a number of reasons including:

- Fat is a source of essential fatty acids which the body is unable to produce itself
- A number of vitamins also require fat in order to be absorbed into the body
- Fat helps to give us energy and keep us warm
- Fats keep our brain cells, hair, hormones, skin and nails healthy

There are two main types of fats:

- **Saturated** fats (butter, cream, sausages, cakes, cheese)
- **Unsaturated** fats (vegetable oil/spread, nuts, olive oil)

We should try to cut down on foods that are high in saturated fats and try to replace some of them with unsaturated fats

