

Healthy Eating

Getting the Right Balance

Healthy Eating means eating a variety of foods from different food groups in the correct proportions.

Your body needs the correct balance of vitamins, minerals and nutrients in order to stay healthy. The **Eatwell Guide** shows you how much you should eat from each of the food groups to get the balance right.

Fruit and Vegetables



Beans, pulses, eggs, lean meat, fish and poultry are all good sources of protein.



Bread, Rice, Potatoes, Pasta and other sources of starchy foods



Milk and Dairy Foods



This leaflet explains the benefits of eating from three of the food groups on the Eatwell Guide; **Meat, Fish, Eggs and Beans; Bread, Rice, Potatoes and Pasta; and Milk and Dairy.**

For more information about healthy eating and the other two food groups on the Eatwell guide please refer to the following Channel Island Co-operative Society leaflets; **Salt, Fat and Sugar, Five-a-Day and Healthy Vegetarian Living.**

Meat, Fish, Eggs, Beans and other non-dairy sources of protein



Beans, pulses, eggs, lean meat, fish and poultry are all good sources of protein. But do consider having some days of the week that are meat-free.

The latest advice is that we should not eat more than 500 grams of red meat per week so meat-free cooking is a great way to achieve this.

Nuts are a good source of healthy, unsaturated fats, protein, and a range of vitamins and minerals however they are high in calories so it is important to ensure that they are eaten as part of a well-balanced diet.

Fish, in particular, is very nutritious and beneficial; adults should aim to eat two portions a week, one of which should be an oily fish. **(1 portion = 150g of white fish or 75g of oily fish).**

It is important to note that oily fish does have very low levels of pollutants which can build up in the body. Therefore, for a healthy diet, you should eat no more than four portions a week and pregnant women should eat no more than two portions a week.

Eggs have fantastic nutritional value and they can be cooked in a variety of ways, the healthier options are boiled, scrambled or poached.

Avoid eating chicken or fish that is coated in batter or breadcrumbs as these will have a high-fat content.



Oily fish, such as sardines, mackerel and salmon, contain omega 3 fatty acids which help prevent heart disease.

Milk and Dairy Foods

Milk and dairy products are a great source of calcium.



Calcium is an important part of your diet as it helps build strong bones and teeth and keeps your blood pressure healthy.

Dairy products can be high in fat, however, there are many lower fat alternatives to choose from including; skimmed, semi-skimmed or 1% fat milk, low-fat spread instead of butter, cottage cheese, low-fat cream cheese and reduced-fat versions of hard cheeses and low-fat yoghurt or fromage frais instead of cream in cooking.

These lower-fat choices contain just as much calcium as the higher fat ones.

Calcium is especially important for growing children and young people. It is important to remember that babies under the age of one year should be breastfed or given formula milk rather than cow's milk.

From one to two years children should be given full-fat milk but after the first two years, they can be given semi-skimmed milk.

Other calcium providers include other non-dairy drinks such as soya, oat and nut milk. However, sometimes the organic versions will not be fortified with calcium.

Bread, Rice, Potatoes, Pasta and other starchy foods

Starchy foods such as bread, cereal, rice, potatoes and pasta are good energy providers.



Starch fuels your body to help it work efficiently and also provides calcium, iron and B vitamins.

Starchy foods are low in fat and, by choosing wholegrain options, helps to increase the amount of fibre in the diet.

This is good news as a high fibre diet helps to prevent heart disease and cancer whilst lowering blood cholesterol levels and aiding weight control so have a small portion with each meal.

Fibre

Insoluble Fibre

This type of fibre is not digested by the body. It provides bulk in the intestine and helps to prevent constipation. It is found in; wholegrain bread, brown rice, wholegrain breakfast cereals, fruit and vegetables.

Wholegrain products contain more fibre and other nutrients than white or refined starchy foods and as they digest more slowly, help us feel fuller for longer.

Soluble Fibre

This is partially digested, helping to reduce the amount of cholesterol in the blood and can be found in oats, beans, lentils, fruit and vegetables.

DON'T FORGET: Drink plenty of water too!

Water is as much a part of a healthy, balanced diet as eating enough fruit and vegetables. Up to 60% of the human adult body is water. Being hydrated can help us be more alert, clear the body of toxins, and even aid digestion and weight loss.

Water, lower fat milk and sugar-free drinks including tea and coffee all count. Fruit juices and smoothies should be drunk in moderation -around 150ml per day.

We should drink six to eight glasses of fluid a day.



Produced in partnership with Health Promotion Unit in Guernsey, and Strategic Public Health in Jersey. For more information on healthy eating, you can visit www.nhs.uk/live-well/eat-well/

www.channelislands.coop/food/healthy-habits

