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Sandwell **NHS**
Primary Care Trust

Healthy eating

If you need this leaflet in another format
such as audio or large print please contact
Communications on 0845 155 0500.

اذا كنت بحاجة الى هذا المنشور على شكل خطوط مطبعية كبيرة او على شكل
شريط كاسيت او مطبوع بهذه اللغة، يرجى الاتصال بمركز الاتصالات على هاتف
رقم 0121 612 1679.

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1679 ਤੇ ਫੋਨ ਕਰਨ ਦੀ ਕ੍ਰਿਪਾਲਤਾ ਕਰਨੀ।

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lub w tym języku, proszę się skontaktować z działem
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in Sandwell
Eatwell

Eat well, look good, feel great



The Sandwell Way

Healthy eating

A healthy diet gives the body the right amounts of energy, vitamins and minerals to work properly. It also helps to reduce the risk of heart disease, diabetes, strokes and certain cancers. Choosing different foods from the food groups below will help you get all the nutrients you need for good health.

Fruit and vegetables

Aim to eat at least 5 portions of fruit and vegetables a day. Fresh, frozen, canned, dried fruit and vegetables and pure juice all count towards your 5! These foods are rich in vitamins, minerals and fibre. A portion of fruit or vegetables is about a handful and weighs about 3oz or 80grams. This is a medium piece of fruit, like an apple or pear, a cereal bowl of salad, 2-3 tablespoons of vegetables or a small glass of pure fruit juice. Remember - only one glass of juice can count towards your 5 a day.

Bread, rice, potatoes, pasta & other starchy foods

These foods fill you up and give you energy, so eat some at every meal. Examples are breakfast cereals, bread, chapattis, pitta bread, pasta, noodles, rice and potatoes. Try wholegrain and high fibre varieties – they are even better for you.

Meat, fish, eggs, beans and other non-dairy sources of protein

Eat 2 servings a day. Choose lean red meat, chicken and turkey. Try white fish such as cod and haddock and oily fish such as mackerel, salmon, pilchards and sardines. Pulses such as baked beans, kidney beans, lentils and dhals are high in fibre and low in fat. Nuts, seeds and eggs are also included in this group.

Milk and dairy foods

Eat moderate amounts of these foods and choose lower fat alternatives where possible. These foods contain protein and calcium, which help keep teeth and bones healthy. Examples are milk, yoghurt, cheese, custard and other foods containing milk.

Food/drinks high in fat and/or sugar

These foods contain a lot of calories so eat smaller amounts of these. Eg. chocolates, sweets, cakes, biscuits, fizzy drinks, crisps, sausage rolls, pies, fried foods, Indian snacks, cooking oils, ghee, margarine and butter. Use the smallest possible amount of fat for cooking and spreading on bread. Choose spreads and oils that are rich in polyunsaturates or monounsaturates like sunflower, rape seed, vegetable or olive oil. Look out for lower fat and lower sugar options of foods in this group.

Healthy eating doesn't have to be boring, complicated or expensive.

The main things to remember are:

Eat 5 portions of fruit and vegetables a day	Eat plenty of foods rich in starch and fibre	Eat less fatty and sugary foods	Cut down on salt and salty foods	If you drink alcohol, do this in moderation
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And last but not least – enjoy your food!