

Healthy Eating

7 Steps to a healthy diet...

1) Base your meals on starchy foods

Such as: rice, pasta, potatoes, bread, cereals

Ideally wholegrain; contains more fibre making you feel full

for longer

Should be about one third of your food intake

2) Eat lots of fruit & vegetables

Contain essential vitamins & minerals and disease fighting chemicals

Why? Control a healthy weight and stabilise energy levels

Help prevent heart disease, high BP, Type II diabetes and some cancers

3) Eat more fish

Source of protein and essential vitamins & minerals

Oily fish like salmon, mackerel, trout, tuna and sardines – all contain Omega 3

Help prevent heart disease

4) Cut down on saturated fat & sugar

Fat raises cholesterol increasing the risk of heart disease

Too much sugar can cause Type II diabetes

An excess of both fat & sugar causes weight gain

15g per 100g is too much

5) Eat less salt

Raises blood pressure

75% of salt we eat is already in food; e.g. beans/soups/bread/sauces

1.5g per 100g is too high

6) Don't skip breakfast

Stabilises blood sugar meaning you feel less hungry

More prone to losing concentration/feeling tired/accidents/snacking

7) Don't get thirsty

Drink 1.2litres a day,
Water is **2nd** in
Water makes up: in skin



plus more in hot weather or when exercising
importance to the body behind oxygen.

70%, in blood 80%, in muscle 75%, in bone 20%

