



Healthy Lifestyle

PERSONAL DEVELOPMENT

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight. People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Key Ideas

The Eatwell Guide

This shows that to have a healthy, balanced diet, people should try to:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)



Starchy Foods

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods. Choose wholegrain or wholemeal varieties of starchy foods; such as brown rice, whole wheat pasta, and brown, wholemeal or higher fibre alternatives.

Eat less saturated fat, sugar and salt

Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Eating too much salt can raise your blood pressure, which increases your risk of getting heart disease or having a stroke.

Why is it important?

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. This can lead to heart disease, type 2 diabetes and strokes. If you eat and drink too little, you'll lose weight.

It's recommended that men have around 2,500 calories a day. Women should have around 2,000 calories a day.

Most adults in the UK are eating more calories than they need and should eat fewer calories. Further Information and Resources:

www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/

www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/