A guide to healthy eating and regular exercise for a healthier lifestyle : suggestions to help you on your way / NHS.

Contributors

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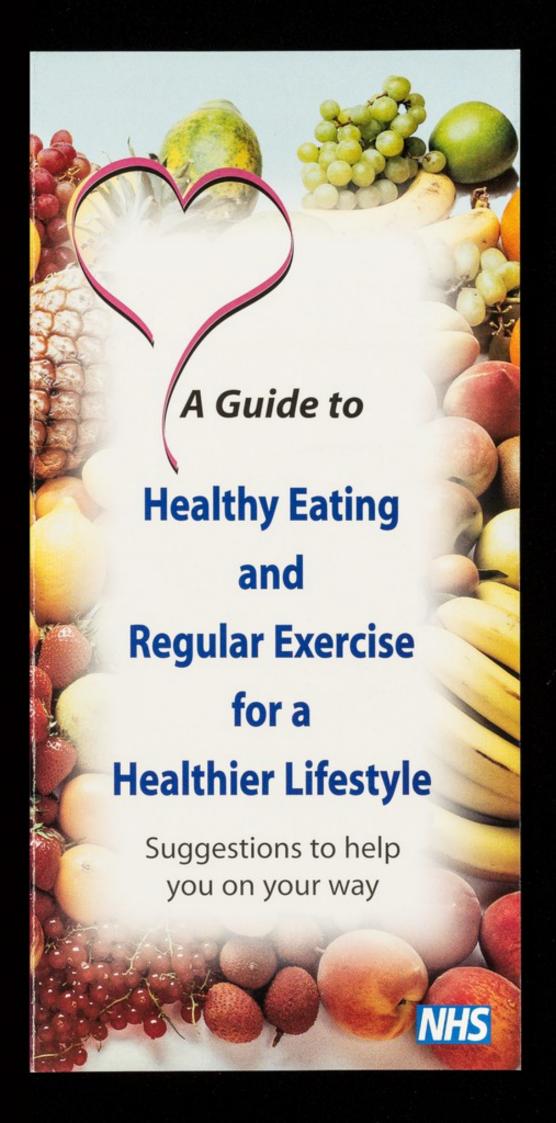
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HEALTHY EATING... can be enjoyable and tasty • should include regular meals • means eating a variety of foods

THE BALANCE OF GOOD HEALTH helps to show you the types and proportions of foods which are needed to make up a well-balanced and healthy meal.

Healthy dishes can be prepared by steaming, stewing, grilling, stir frying or baking with little or no added fat or oil. Season foods with herbs, spices and pepper.

Bread, other Cereals & Potatoes

This group includes bread, chapatti, pasta, noodles, rice, potatoes, yam and breakfast cereals and should form the main part of each meal.

These foods provide energy and are low in fat. Foods such as porridge, wholewheat or multigrain breads and cereals are high in fibre and are slowly absorbed which is beneficial for your health.

Fruit & Vegetables

Fruit and vegetables are a great source of vitamins, minerals and fibre.

Choose a variety of fresh, frozen, dried or canned and try to have 5 servings a day.

Serving:

- ◆ 1 whole fruit (banana or orange)
- ♦ bowl of salad
- → 2 tablespoons of vegetables
- ◆ 2 small fruits (e.g. plums, kiwi fruit).

Try to add extra vegetables to each meal or choose fruit as an easy snack.

The Balance of Good Health



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Milk & Milk Products

Milk and dairy foods are an excellent source of calcium. Choose lower fat varieties wherever possible e.g. semi-skimmed milk, skimmed milk, low fat yoghurts, reduced fat cheeses and semi-soft cheeses like camembert, brie or edam.

Aim for 2-3 servings each day. A serving = $^{1}/_{3}$ pint of milk, pot of yoghurt (200g) or small match box size piece of cheese.

Meat, Fish & Alternative

Meat, fish and alternatives provide protein, iron and other minerals.

Choose small amounts of lean meat, skinless chicken or eggs. Try alternatives such as dried or canned beans and peas like baked beans, kidney beans, chick peas, lentils and dahl. These are cheap and can be used to extend soups, stews and casseroles

For a quick and easy meal try canned, frozen or fresh fish such as sardines, salmon or mackerel.

Small amounts of foods from this group should be eaten twice a day.

Foods containing Fat & Sugar

Foods that are high in fat and sugar can lead to weight gain and an increased risk of heart disease.

Try not to have high fat and high sugar foods everyday, such as fried foods, pastries, chocolate, biscuits, crisps, Indian snacks, sweets or soft drinks.

Use fats (margarine, butter, spread or cooking oils) in small amounts and choose the polyunsaturated or monounsaturated types.

Meal Suggestions

Breakfast ideas

- Add sliced banana, grapes or dried fruit to cereal
- Grill mushrooms and tomatoes to have with toast
- If in a rush grab a slice of toast and a homemade fruit smoothie

Quick and Easy Meals

- Wholesome vegetable soup with crusty bread
- Pitta bread stuffed with salad, grapes and lean meat
- Baked beans on toast or in a jacket potato
- Stir fried vegetables and rice
- Homemade pizza with meat or chicken topped with vegetables
- Spice up spaghetti bolognaise with lean meat and dried beans
- Fish stew with boiled plantain and vegetables
- Jerk chicken with boiled rice and salad
- Vegetable curry with chapatti or rice

Dreaming of Dessert?

- Pancakes filled with frozen, canned or stewed fruit served with fromage frais
- Fruit kebabs dipped in yoghurt

Takeaway Ideas

- Vegetable topped thin crust pizza
- Meat in black bean sauce and peppers with rice
- Chicken or pork shish kebab

Feeling Thirsty?

- Sparkling water with a slice of lemon or lime
- Homemade fruit smoothie. Simply add ripe fruit and yoghurt then blend

Fluid

Drinking plenty of fluid is essential for good health. Try to choose water, low sugar, low calorie drinks and aim for 8-10 glasses a day.

Physical Activity

Building 30 minutes of moderate intensity activity into your daily routine can bring benefits in terms of health, energy and general well-being. This can be continuous or you can do 10 minutes of activity 3 times a day or 15 minutes of activity twice a day.

Moderate intensity activities include:

- brisk walking
- swimming
- → cycling
- → dancing

Being active can also involve moving more such as walking instead of catching the bus or driving the car.

Contacts for further information: