

A Healthy Eating Guide

What is a healthy diet?

A healthy diet is a diet based on breads, potatoes, and other cereals and is rich in fruits and vegetables. A healthy diet will include moderate amounts of milk and dairy products, meat, fish or meat/milk alternatives, and limited amounts of foods containing fat or sugar.

No single food can provide all the essential nutrients that the body needs. Therefore, it is important to consume a wide variety of foods to provide adequate intakes of vitamins, minerals and dietary fibre, which are important for health.

Healthy Eating Tips

- Choose fruit or chopped vegetables as a snack
- Add dried or fresh fruit to breakfast cereals
- Have a salad with sandwiches or with pizza
- Add vegetables to casseroles and stews and fruit to desserts
- Try not to eat the same fruits and vegetables every day

- Base your meals around breads, cereals and potatoes
- Avoid frying or adding too much fat to these foods
- Eat wholegrain or wholemeal breads, pastas and cereals as well as white choices
- Choose low fat oven chips rather than fried chips

- Choose low fat milk i.e. semi-skimmed or skimmed milk
- Choose low fat yogurts and reduced fat cheeses
- Choose lower fat meat products
- Choose lean cuts of meat
- Cut visible fat including skin from meat and poultry and drain away fat after cooking
- Try to grill, roast or microwave meat and fish rather than frying
- Eat oily fish twice a week

- Choose low fat or reduced sugar foods where possible
- Use spreads and oils sparingly – opt for vegetable fats and oils
- Try to limit consumption of sugar-containing foods and drinks between meals
- Try not to add fat to foods when cooking