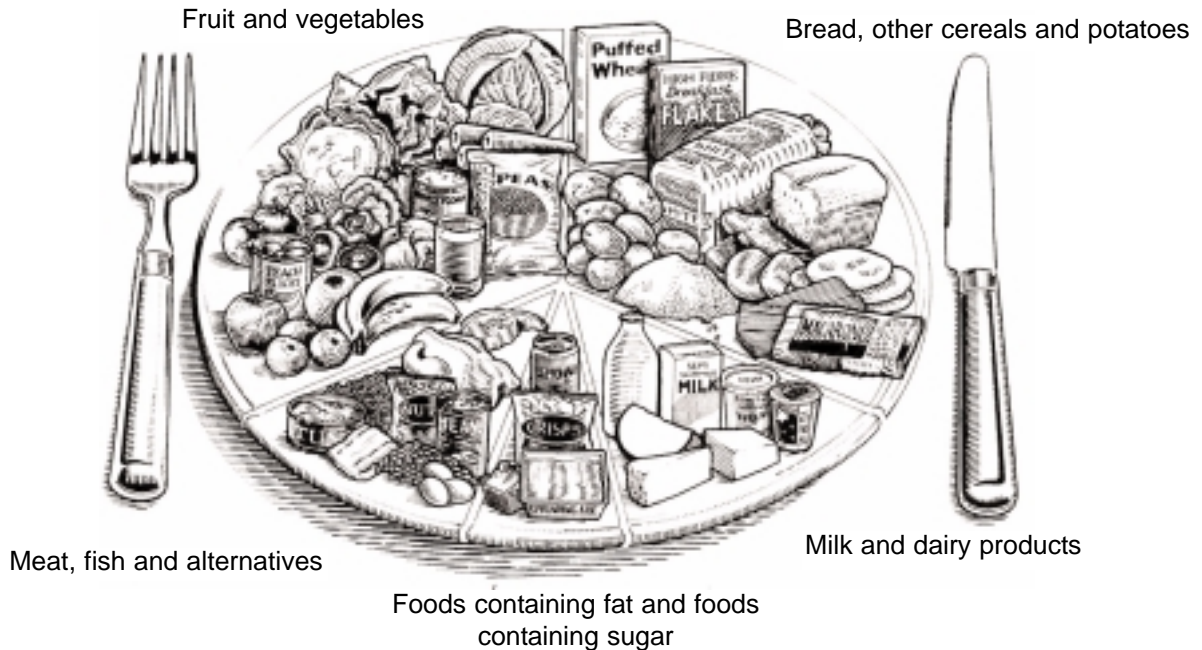




Food Facts

Getting the Balance Right - A Guide to Healthy Eating

It is important that you give your body all the goodness it needs to function properly and for good health, and the great news is that you don't need any special foods or drinks for this. All you need to do is eat sensibly, choosing a range of foods in the correct proportions. The Balance of Good Health is made up of five food groups - simply choose a variety of foods from each group in the proportions shown below.



with kind permission of the Food Standards Agency

In practical terms this means:

- **Basing your meals and snacks on starchy foods such as bread, breakfast cereals, potatoes, rice, noodles, oats, pasta etc. But be careful not to add or cook them in too much fat.**
- **Having at least 5 portions of fruit and vegetables each day. Remember that beans, pulses and fruit juice count towards your total but only once a day.**
- **Choosing moderate amounts of meat, fish and pulses, removing the skin from chicken, excess fat from meat and avoiding frying.**
- **Having 2-3 portions of dairy foods each day. A portion is equivalent to 1/3 pint of milk, a small pot of yogurt or 30g cheese (small matchbox size). Try to choose reduced fat versions where you can, eg semi skimmed milk, cottage cheese etc.**
- **Eating foods containing fat and sugar sparingly. Look out for reduced or low fat/ sugar versions.**

Try to make any changes to your diet slowly, enjoy your food and remember there are no healthy or unhealthy foods, just healthy or unhealthy diets.

Charlotte Holroyd, SRD

This Food Fact page is a public service of The British Dietetic Association intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a State Registered Dietitian (SRD). To check that your dietitian is State Registered check www.hpc-uk.org. Other Food Fact sheets are available from www.bda.uk.com February 2003