

# NUTRITION BASICS

## WHAT TO AIM FOR

**Fruit & vegetables:** At least 5 portions a day of a variety. A portion is ~80g of fresh/frozen/canned fruit or veg (or 30g dried fruit = counts as one portion).

**Starchy foods (carbohydrates):** Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates — choosing wholegrain or higher-fibre options when possible.

**Protein sources:** Include beans, pulses, fish, eggs, meat and other proteins. For fish: aim for 2 portions per week, one of which should be oily (e.g., salmon, mackerel).

**Dairy or alternatives:** Have some milk, yogurt, cheese or dairy-alternative (fortified soya, etc.) choosing lower fat / lower sugar versions.

**Oils & spreads / fats:** Choose unsaturated oils and spreads and use them in small amounts. Limit saturated fat.

**Fluids / hydration:** Aim for around 6-8 glasses of fluid per day (water, lower-fat milk, sugar-free drinks including tea/coffee). Limit fruit juice/smoothies to max 150ml a day.



**Good nutrition is not about perfection. Its about making better choices, one meal at a time**

## PORTIONS & MINDFUL EATING

You don't have to match the proportions exactly in each meal — it's about your overall daily or weekly intake.

Pay attention to hunger/fullness cues — eat when you're hungry, stop when you're comfortably satisfied.

Swap processed snacks for whole-food options (e.g., fruit instead of a biscuit), and use smaller plates to help keep portions reasonable.

Cooking more meals from scratch gives better control of salt, sugar and fat

## PRACTICAL TIPS

Add a side of vegetables or salad with lunch and dinner.

Choose wholegrain breads, rice or pasta more often.

Include a portion of oily fish once a week (e.g., sardines, mackerel).

Use a tablespoon of unsalted nuts or seeds as a snack instead of something processed.

Keep a water bottle with you and aim to drink regularly.

When shopping, check nutrition labels and aim for lower sugar/salt and higher fibre.

Prepare simple meals ahead of time so you're less likely to reach for convenience foods.



## THE EATWELL GUIDE

The Eatwell Guide shows how much of your diet should come from each food group (over a day or week) rather than every meal exactly.

Key food-groups (UK):

- Fruit & vegetables
- Potatoes, bread, rice, pasta & other starchy carbohydrates
- Beans, pulses, fish, eggs, meat and other proteins
- Dairy & alternatives
- Oils and spreads

It emphasises variety, balance and moderation.

## WHY ITS MATTERS

Eating a balanced diet supports healthy weight, energy levels, mood, immune system and reduces risk of many chronic diseases (heart disease, stroke, some cancers) in the UK context.

According to NHS, many people in the UK currently eat too many calories, too much saturated fat, sugar and salt — and not enough fruit, veg, oily fish or fibre.

**Nutrition is the foundation of health, fuel your body the way you want it to perform**