

HEALTHY EATING MINIMUM STANDARDS (British Nutrition Foundation) – MLDP – FIGHTING FIT

Healthy Diet

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- If you drink alcohol, drink sensibly

Fruits & Vegetables

- 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

Salt

- Try to keep to 6g per day for adults: less for children.
- Choose foods that are low in salt, and try to avoid adding salt to foods during cooking and at the table
- Sodium is often labelled on foods rather than salt
- To roughly convert sodium to salt simply multiply the sodium figure by 2.5

Meat & Poultry

- Choose lower fat meat products
- Choose lean cuts of meat
- Cut visible fat including skin away 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 once a week

Wholegrain, Cereals Pasta and Potatoes

- Base your meals around foods from this group
- Eat wholegrain or wholemeal breads, pastas and cereals as well as white choices
- Choose low fat oven chips rather than fried chips (oven chips fall into this food group but fried chips don't)
- Eating more foods from this group will help reduce the proportion of fat and increase the amount of fibre in the diet
- Avoid frying or adding too much fat to these foods

Oils, Fats and Sugar

- Eat small amounts of these foods
- 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

Dairy Products

- Choose low fat milk i.e. semi-skimmed or skimmed milk
- Choose low fat yogurts and reduced fat cheese

For further advice, training, or resources call Emma Clegg (FF) 223 9901, Hazel Andrews (Dietician) 861 2333, or Caroline Shockledge (FF) 205 1364. (People who are underweight or have swallowing difficulties will require specific advice)