



lifeplusfitness

# The Eatwell Guide



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**Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and water to achieve and maintain a healthy body weight.**

**To have a healthy, balanced diet, people should try to:**

- Eat 5 portions for fruit and vegetables a day
- Base meals on starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, eaten in small amounts
- Drink plenty of fluids

If you're consuming foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts. Try to choose a variety of different foods from the 5 main food groups.



**Fruit and vegetables** are a vital source of vitamins and minerals and should make up just over a third of the food we eat each day. It's advised that we eat at least 5 portions of a variety of fruit and vegetables every day. There's evidence that people who eat at least 5 portions a day have a lower risk of heart disease, stroke and some cancers. Eating 5 portions is not as hard as it sounds. Just 1 apple, banana, pear or similar-sized fruit is 1 portion (80g). A slice of pineapple or melon is 1 portion. Three heaped tablespoons of vegetables is another portion. Having a sliced banana with your morning cereal is a quick way to get 1 portion. Swap your mid-morning biscuit for a tangerine, and add a side salad to your lunch. Have a portion of vegetables with dinner, and snack on fresh fruit with natural plain yoghurt in the evening to reach your 5 A Day.



**Starchy foods** should make up just over a third of everything we eat. This means we should base our meals on these foods. Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too. Try to choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, whole-wheat pasta and brown, wholemeal or higher fibre white bread. They contain more fibre, and usually more vitamins and minerals than white varieties.



**Milk and dairy foods** such as cheese and yoghurt are good sources of protein. They also contain calcium, which helps keep your bones healthy. To enjoy the health benefits of dairy without eating too much fat, use semi-skimmed, 1% fat or skimmed milk, as well as lower-fat hard cheeses or cottage cheese, and lower-fat, lower-sugar yoghurt. Unsweetened calcium-fortified dairy alternatives like soya milks, soya yoghurts and soya cheeses also count as part of this food group and can make good alternatives to dairy products.

## Beans, pulses, fish, eggs, meat and other proteins

are all good sources of protein, which is essential for the body to grow and repair itself. They're also good sources of a range of vitamins and minerals. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12. Try to eat lean cuts of meat and skinless poultry whenever possible to cut down on fat.

Always cook meat thoroughly. Fish is another important source of protein and contains many vitamins and minerals. Oily fish is particularly rich in omega-3 fatty acids. Aim for at least 2 portions of fish a week, including 1 portion of oily fish.

You can choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt. Eggs and pulses (including beans, nuts and seeds) are also great sources of protein.

Nuts are high in fibre and a good alternative to snacks high in saturated fat, but they do still contain high levels of fat, so eat them in moderation.



## Oils and spreads

make up some of the essential fat in our diet but should be limited to small amounts. It's important to get most of our fat from unsaturated oils and spreads. Swapping to unsaturated fats can help lower cholesterol. Eat less saturated fat and sugar. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease, while regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.



Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

# The Eatwell Plate



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



The Eatwell Plate shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal but try to get the balance right over a day or even a week.



The Eatwell Plate divides the foods we eat and drink into the 5 main food groups. Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy. It's important to get some fat in your diet, but foods that are high in fat, salt and sugar have been placed outside of the circular image as they are not necessary as part of a healthy, balanced diet and most of us need to cut down on these. Unsaturated fats from plant sources (for example, vegetable oil or olive oil) are healthier types of fat but, all types of fat are high in energy (calories) and so should only be eaten in small amounts.



**On average, women should have around 2,000 calories a day (8,400 kilojoules) and men should have around 2,500 calories a day (10,500 kilojoules). Most adults are consuming more calories than they need.**



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