

BRIEF NOTES ON EATING HEALTHY

If you eat or drink more than your body needs, you'll put on weight because the energy you do not use should be fat. If you eat and drink too little, you'll lose weight.

You should also eat a wide range of foods to make sure you're getting a balanced diet.

1. Base your meals on higher fiber starchy carbohydrates



Carbohydrates should make up over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Keep an eye on the fats you add when you're cooking or serving these types of foods.

2. Eat lots of fruit and vegetables

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

A glass of fruit juice, vegetable juice or smoothie also counts as one part. You should limit the amount you have to no more than 1 glass a day as these drinks are sugary and can damage your teeth.

3. Eat more fish, including a part of oily fish

Fish is a good source of protein and contains many vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 part of oily fish.

Oily fish are high in omega-3 fats, which may help prevent heart disease.



You can choose from fresh, frozen and canned, but remember that canned and smoked fish can be high in salt.

4. Cut down on saturated fat and sugar

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating.

There are 2 main types of fat: saturated and unsaturated. Too much-saturated fat can increase the amount of cholesterol in the blood. This increases your risk of developing heart disease.

You should cut down on your saturated fats and choose foods that contain unsaturated fat.

One should use a small amount of vegetable olive oil, reduced fat spread instead of butter.

5. Eat less salt: no more than 6grammes a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

Even if you do not add salt to your food, you may still be eating too much.

Three-quarters of the salt you eat is already in the food. When you buy it, such as breakfast cereals, soups, slices of bread and sauces.

6. Get active and be a healthy weight

Regular exercise may help reduce your risk of getting serious health conditions. It's also important for your health and well being.

Being underweight could also affect your health.

Most adults need to lose weight by eating fewer calories.

If you're trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet can help you maintain a healthy weight.



7. Do not get thirsty

You need to drink plenty of fluids to stop getting dehydrated. The government recommends drinking 6 to 8 glasses every day.

Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth.

Even unsweetened fruit juice and smoothies are high in free sugar.

Drinks from fruit juice, vegetable juice, and smoothies should not be more than a small glass a day.

Remember to drink more fluids during hot weather or while exercising.

8. Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.

A whole grain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty