

Eat Cle✓er

...where healthy eating just got smarter!



Module 2

- What is Healthy Eating?
- The Eatwell Guide
- Making Changes



What is Healthy Eating?



- Food and drink gives us energy and essential nutrients
- The Eatwell Guide can help us have a healthy diet



Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	88%	15%

of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

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

Fruit and vegetables



Eat less often and in small amounts

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



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



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.

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

How to Measure Portions

- Weighing – most accurate
- Measuring - hands or spoons
- *Get Portion Wise* guide can be helpful



Fruit and Vegetables

✓ 5+ portions
per day



- Provide vitamins, minerals and fibre
- Fresh, frozen, canned, dried and juiced
- Fruit juice and dried fruit full of sugar



Fruit Portions

Small fruit

- 2 kiwi
- 7 strawberries
- 2 mandarins



Medium fruit

- apple
- banana
- peach
- orange



Fruit Portions

Large fruit

- 1 slice melon
- 2 slices mango
- 1 large slice pineapple
- ½ avocado

Dried fruit

- 1 heaped serving spoon raisins
- 2 figs
- 3 prunes



Vegetable Portions

Green vegetables

- 8 small broccoli pieces
- 4 serving spoons
cooked kale, spinach,
green beans



Cooked vegetables

- 3 serving spoons
carrots, sweetcorn, peas
- 8 cauliflower pieces
- 14 mushrooms
- fist-size sweet potato



Vegetable Portions

Salad vegetables

- 3 sticks celery
- 5cm cucumber
- 7 cherry tomatoes

Pulses

3 heaped serving spoons

- lentils
- chickpeas
- beans



Potatoes, bread, rice, pasta and other starchy carbohydrates

✓ 3-4 portions
per day

- Important source of energy
- One portion at each meal & smaller portions for snacks
- Wholegrain bread and pasta / leave skin on potatoes



Pasta and Rice Portions

- 2 hands cupped together of cooked rice, pasta or couscous
- 2 handfuls dried rice or dried pasta
- Spaghetti, use finger & thumb - size of pound coin



Cereal Portions

- 2 Weetabix or Shredded Wheat
- 50g muesli (about 2 handfuls)
- 4 tablespoons cooked porridge –
this is about 1½ handfuls of uncooked oats



Potato Portions

- 6 small boiled new potatoes
- 4 small roast potatoes
- 2 handfuls oven chips
- 4 tablespoons potato mash



Bread Portions

- 2 slices wholemeal bread
- 1 Pitta, wrap, or bagel
- ½ plain Naan bread



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

✓ 2-3
portions
per day



- Limit red and processed meat
- 2 portions of fish a week – one should be oily fish
- Beans, chickpeas & lentils also count as a vegetable
- Include nuts, seeds, tofu, Quorn



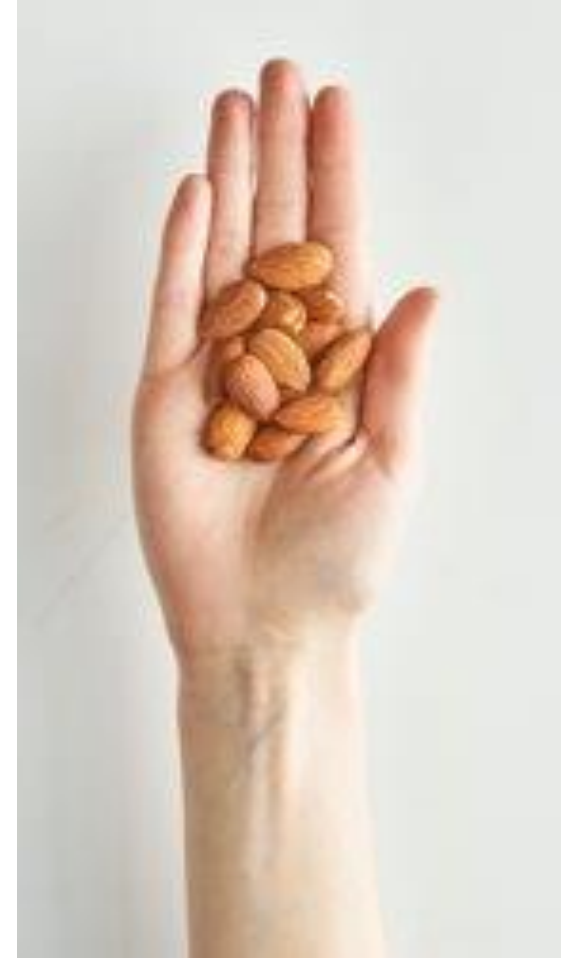
Meat and Fish Portions

- Palm of hand - red meat, chicken
- 2 slices of cut ham
- 2 pork sausages
- hand-sized piece oily/white fish
- 3 fish fingers
- 1-2 cans of sardines



Other Protein Portions

- 2 eggs
- 1 handful of unsalted nuts (20g)
- 1 tablespoon of seeds
- 2 tablespoons of peanut butter
- Half tin of baked beans (200g)
- 6 tablespoons of lentils/pulses



Dairy and Alternatives

✓ 2-3 portions
per day



- Provides protein and calcium
- Milk, cheese, yoghurt, fromage frais, kefir
- Non-dairy alternatives - oat, nut, and rice milks



Dairy and Alternatives

Choose...

- Lower fat options
- Lower sugar options
- Natural yoghurt



Dairy Portions

- 1 tablespoon cream cheese
- 3 tablespoons cottage cheese
- 3 teaspoons soft cheese (low-fat, spread)
- 2 thumbs cheddar, stilton or brie



Dairy Portions

- 1 small glass semi-skimmed milk or nut, rice or oat milk
- 4 tablespoons natural yoghurt
- 1 small pot of yoghurt



Oils and Spreads



- Vegetable oils like olive & rapeseed, & spreads
- Oils & spreads are high in calories –
spread thinly on bread & use small
amounts when cooking



Oil and Spread examples

- 1 teaspoon - 1 tablespoons olive/vegetable oil
- 2 teaspoons low fat spread
- 1 tablespoon salad dressing made with oil
- Vegetable spread- spread thinly



Food high in fat, sugar, and/or salt

- Not required in a healthy diet
- Eat less often & in small amounts



Recommended *Maximum* Sugar Intake

- Adults & 11+ 7 cubes / 30g
- 7 – 10 years 6 cubes / 24g
- 3 – 4 years 5 cubes / 20g



Sugar

What counts as sugar?

- fruit juices, purees and pastes
- fruit & sugar drinks
- sugar added to food/ingredient
- honey and syrups



Sugar can have different names

- **syrup, molasses, juice, concentrate, nectar**
- words ending in -ose: **fructose, dextrose, glucose**
- if it's **brown, coconut, raw** and **organic** - it's still sugar!



Sugar Quiz

- How much sugar is in your food and drink?
- 4 Celebrations chocolates = 5 sugar cubes
- 1 large bag of Jelly Babies = 35 sugar cubes



Salt

- Max 6 grams each day - 1 level teaspoon
- Too much salt can...
 - raise blood pressure.
 - increase the risk of cardiovascular disease



Salt

Look out for the word sodium on labels:

- *sodium* benzoate
- *sodium* bicarbonate
- *sodium* nitrate
- monosodium glutamate (MSG)

Hydration

- 6-8 glasses of fluids per day
- Avoid sugary drinks, juices & high caffeine drinks
- Carry a water bottle



Hydration



- If thirsty, you are already dehydrated.
- Eat plenty of hydrating foods such as:
Cucumber, lettuce tomatoes, celery,
watermelon, courgettes and strawberries

Alcohol










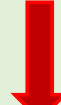
- Maximum 14 units per week:
 - 6 pints of beer
 - 6 glasses of wine (175ml)
- Across three or more days



Alcohol

- Alcohol has lots of calories
- 1 beer = half a doughnut
- 1 wine = 3 jaffa cakes
- Too much alcohol
 - can damage the liver.
 - can increase the risks of heart disease & cancer



Food Group		Key Message	Population Action
	Fruit & Vegetables	Eat at least 5 portions of a variety of fruit and vegetables every day	 Intake
	Potatoes, bread, rice, pasta, and other starchy carbohydrates	Base meals on potatoes, bread, rice, pasta and other starchy carbohydrates, choosing wholegrain versions	 Fibre/wholegrain
	Beans, pulses, fish, eggs, meat and other proteins	Eat some beans, pulses, fish, eggs, meat, and other proteins (including 2 portions of fish/week, with one oily)	Plant-based protein  Oily fish/fish  Red Meat Processed meat
	Dairy and alternatives	Have some dairy choosing lower fat and lower sugar options	
	Oils and spreads	Choose unsaturated oils and spreads and eat in small amounts	
	High fat, high sugar foods - not necessary in healthy diet	Eat less often and in small amounts	 Sugar

Making Changes

Alice: *Would you tell me, please, which way I ought to go from here?*

The Cheshire Cat: *That depends a good deal on where you want to get to.*

Alice: *I don't much care where.*

The Cheshire Cat: *Then it doesn't much matter which way*



Your Food Diary

Have you had...?

- Wholegrains, plant-based proteins, oily fish
- Foods high in sugar, fat, salt
- Red and processed meats
- Any meat-free days



In general, we eat...



- not enough
 - fruit & vegetables
 - wholegrains & plant-based proteins
 - oily fish
- too much meat and sugar



Write it out and make it count

- Set goals
- Write them out - you are more likely to achieve them
- Use a diary or notebook, or an app like [The Habit Tracker](#)



Eat Clever ✓



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