



eatwell

fuel your adventure



A Derby City Council Project



healthy eating explained

healthy eating doesn't mean faddy diets or cutting food out. it's all about making positive lifestyle changes that will benefit your long-term health.

livewell can help you develop healthy eating habits for good.

So, what is healthy eating?

Healthy eating is about eating the right amount of a wide selection of foods but we should eat more of some things and less of others.

How much should you eat of which foods and why?

All foods can be included in a healthy diet, they just need to be in the right balance.

Putting foods into groups helps to better understand the balance. The eatwell plate on the next page shows the amount of each food group you need for a healthy, balanced diet.

livewell plate

the plate on the opposite page shows how much of what you eat should come from each food group. this includes everything you eat during the day, including snacks.

Use it to get the balance right over the course of the day or over a week, which is much easier than using it for every meal. Where you can, opt for foods and drinks lower in fat, salt and sugar.



try to eat:

fruit and vegetables

At least five portions a day – a portion is a good-sized handful. Try to include brightly coloured fruits and vegetables as they are particularly good for your heart.

bread, rice, potatoes, pasta and other starchy foods

Should be the basis of all meals, eat wholegrain varieties whenever possible.

milk and dairy

Have these in moderate amounts and consider using low fat varieties.

meat, fish, eggs, beans and other non-dairy sources of protein

Choose lower fat versions in smaller portions and bake or grill rather than fry.

foods and drinks high in fat and/or sugar

Just a small amount.

fluid

Plenty of sugar-free drinks – water, teas, coffee, low calorie or diet drinks.

how do you eat?

livewell will help you assess how much of each food group you currently eat to give you an idea of what changes will benefit you the most. it may also reveal eating patterns you were unaware of to help you to manage your eating habits.

With your advisor you can identify which areas you might need to work on. For example, you could be eating too much dairy and not enough fruit and vegetables. Your advisor will suggest ways to get the balance right.

portion size guide

we all have a tendency to overestimate portion sizes, and with larger plates more commonly used, we're more likely to eat more than we should.

Knowing how much to eat of each food group can be tricky.

A good guide is that a portion is about **a handful**, whether it's meat, potatoes, peas, an apple or whatever! So the taller you are, the larger your handful serving. This measurement works well for children too – as they grow, so will their portion size.

Eating the right portion sizes means that you don't have to give up the foods you enjoy.

The guide shows how many portions you should have of each food group and roughly how much is in one portion. Remember that your hand is a useful way to measure if you're unsure!

ask your advisor about the different foods you should eat from each food group.

bread, rice, potatoes, pasta and other starchy foods

Women – **7** portions from this group each day.

Men – **8** portions from this group each day.

This group forms the basis of every meal.



food	how much is one portion?
Breakfast cereal	3 tablespoons
Shredded wheat/wheat biscuits	1 biscuit
Bread/toast	1 slice
Chapati	1 small
Crackers	3
Crispbread	4
Pitta bread	1 small
Roll	Half
Pasta/noodles	3 heaped tablespoons, cooked
Potatoes/sweet potatoes	2 egg-sized
Rice	2 heaped tablespoons, cooked
Crumpet/English muffin	1
Malt loaf	1 small slice

top tip: reduce your portion sizes by using a smaller plate or filling half your plate with vegetables or salad so there's less room for other foods with higher calorie and/or fat content.

fruit and vegetables

At least **5** portions from this group each day for both men and women.

*Smoothies can be counted as **2** portions a day if it contains a portion of whole fruit and 150ml juice.

food	how much is one portion?
Small fruit – e.g. plums, kiwis, strawberries, satsumas, cherries, grapes	2 or more 7–8 strawberries 14 cherries or 10 grapes
Medium fruit – e.g. apple, pear, banana, orange, nectarine	1
Large fruit (melon, pineapple, papaya, grapefruit, mango)	1 large slice or half grapefruit
Dried fruit – e.g. raisins, sultanas, currants, figs, prunes	1 tablespoon 2 figs, 3 prunes
Tinned or frozen fruit and vegetables	Roughly same portion as fresh – 2 pear/peach halves, 8 segments of grapefruit, 3 heaped tablespoons of carrots, peas or sweetcorn
Juices – 100% pure, unsweetened fruit or vegetable juice or smoothie*	Only counts as 1 portion a day however much you drink – 150ml glass
Green vegetables – green beans, spring greens, cabbage	2 broccoli spears 4 heaped tablespoons
Cooked vegetables – carrots, peas, sweetcorn	3–8 cauliflower florets 3 heaped tablespoons
Salad	1 cereal bowl of leaves 1 medium tomato 7 cherry tomatoes 2-inch piece of cucumber
Pulses and beans – baked beans, haricot/kidney/cannellini/butter beans, chick peas	Only counts as 1 portion a day 3 heaped tablespoons

meat, fish, eggs, beans and other non-dairy sources of protein

2 servings from this group each day.



food	how much is one portion?
Lean meat – beef, chicken, pork, ham, lamb, liver, kidney	3 slices (total size similar to pack of playing cards)
Fish	Size of a pack of playing cards
Fish fingers	3
Eggs	2
Nuts or nut products	2 tablespoons
Baked beans	5 tablespoons
Pulses, beans, lentils	5 tablespoons
Soya, tofu, quorn	100g/4oz

milk and dairy

2–3 servings from this group each day.

Choose low-fat options where possible.



food	how much is one portion?
Milk	200ml/1/2 pint
Yogurt	1 small pot
Cottage cheese	1 small tub
Fromage frais	1 small tub
Cheese	40g (match box size)

high in fat and/or sugar

No more than **2** portions of these each day.

food	how much is one portion?
Butter/margarine/spread	1 teaspoon
Cooking oil/lard/ghee	1 teaspoon
Mayonnaise/salad cream	1 teaspoon
Oily salad dressing	1 teaspoon
Gravy/white sauce	1 teaspoon

No more than **1** portion of these each day.

food	how much is one portion?
Pork pie/sausage roll	1 small
Crisps	1 small bag (28–30g)
Cream	2 teaspoons (single)
Sugar	3 teaspoons
Jam/honey	1 heaped teaspoon
Biscuits	2 plain or 1 chocolate
Pastry/doughnut	1 small not cream-filled
Sugary drinks	1 glass/can
Sweets	1 small tube
Ice cream	1 scoop luxury, 2 scoops plain
Chocolate	1 small bar
Cake/pie	1 slice

food groups

fruit and vegetables

Daily portions to aim for: **At least 5**

Fruit and vegetables are rich in vitamins and minerals and eating a wide range of them is good for your heart and digestive system.

Around a third of the food we eat should come from this food group. Aim for at least **five portions** of different fruit and vegetables to benefit from the different nutrients they offer.

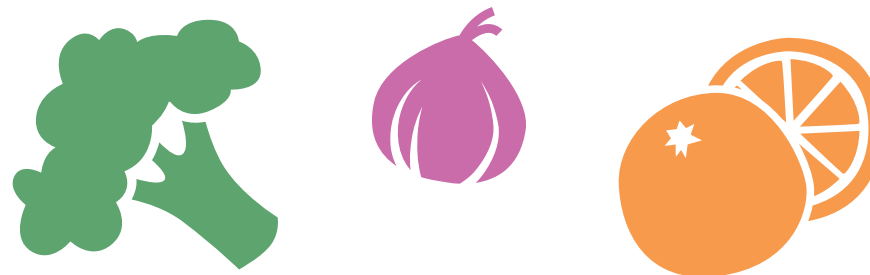
Choose from fresh, frozen, tinned (in juice or water), dried or juiced.

Juice only counts as one portion a day no matter how much you drink, and pulses and beans also count towards your 5-a-day but only as a single portion, regardless of how much you have.

The high fibre in fruit and vegetables make them a filling food – helping to keep hunger at bay.

Keep a ready supply of tinned and frozen fruit and veg so that you can easily reach your 5-a-day target!

top tip: try cut-up vegetables such as carrots, cucumber, peppers and celery as a snack with a low-fat dip.



bread, rice, potatoes, pasta and other starchy foods

Daily portions to aim for: **Around 7 or a third of the food you eat**

These foods should play a role in every meal as they help to make you feel full.

They include chapattis, naan, yam, plantain and cous cous. Go for wholegrain or higher fibre versions whenever you can, for example, wholewheat pasta instead of white pasta or brown rice in place of white rice. Try the higher fibre white breads instead of ordinary as a starting point.

Bake, boil or steam potatoes, pasta and rice and avoid adding lots of butter to mashed potato or cream sauces to pasta. Starchy foods are really only fattening if you add lots of fat to them, otherwise they are a good source of energy!

Wholegrain foods and fibre are good for your digestive system and keep you feeling fuller for longer.

milk and dairy

Daily portions to aim for: **2**

Milk and dairy products are great sources of protein and calcium which help to keep bones and teeth healthy and strong. They also provide vitamins A and B12.

Try to choose lower fat options such as semi-skimmed or skimmed milk – there is actually more calcium in these low fat types than in whole milk. Choose low fat or diet yogurts and fromage frais.

If you are lactose intolerant or don't drink milk or eat dairy products, look for dairy foods that are labelled lactose-free or soya milk with added calcium.

meat, fish, eggs, beans and other non-dairy sources of protein

Daily portions to aim for: **2–3 plus one portion of oily fish a week**

These foods include vegetarian alternatives and provide vitamins, minerals, iron and protein, which is vital for our bodies to grow and repair.

As part of a balanced diet, you can enjoy red and white meat but choose lean cuts, remove visible fat and skin and avoid adding fat to cook them. Opt for extra-lean mince where possible and drain the fat from the mince once browned.

Fish, particularly oily fish such as salmon, sardines, mackerel, trout and pilchards are rich in omega 3 fatty acids, which is important for good health. Try to have one portion of oily fish a week, fresh or tinned. If you're not keen on fish, try making baked fish cakes or a fish pie to slowly get used to the taste.

Processed meats like burgers, pies, fish fingers, chicken nuggets, sausages and ham can contain a lot of added fat and/or salt. Use the traffic light labels on the front of packs or read the nutritional labels carefully so that you can choose lower fat and low salt versions.

Vegetarians should include a variety of foods from this group such as beans, lentils, tofu, Quorn, eggs and nuts as that helps not relying too heavily on dairy products for protein.



foods and drinks high in fat and/or sugar

Daily portions to aim for: **As small amount as possible**

This group includes things like cake, crisps, sweets, chocolate and sugary, soft drinks and is the smallest section on the eatwell plate.

These foods can be enjoyed occasionally as part of a balanced diet but are most likely the ones you need to cut down on in order to eat more healthily. They don't provide any essential nutrients, vitamins or minerals so try to only eat small amounts of these foods and be mindful about when you eat them and how much you are consuming. Look at food labels to find snacks lower in fat and sugar, for example, corn-based or baked snacks rather than fried versions.

Fats and sugars that we add to food in cooking and baking are included in this group, as are spreads that we use on bread. Try to reduce the amount of added fats you use by carefully measuring oils or using spray oil, and by applying a thinner layer of spread to your bread or toast.

Many foods that contain added sugars are also high in energy which can contribute to weight gain.

Choosing the right type of fat is important for your health. Reduce the amount of saturated fat you eat by buying olive, rapeseed, sunflower, corn and soya oils and spreads rather than butter, lard, ghee and dripping, which are higher in saturated fat and can increase your cholesterol levels. Overall, aim to use less spreading and cooking fats whatever variety you choose.

top tip: 'buy one get one free' and 'three for two' offers on biscuits and cakes are very tempting but probably mean that you eat more. try splitting the offer with a friend or look for alternative offers on healthier snacks.

salt – reduce your intake

Eating too much salt can increase the risk of high blood pressure and developing heart disease.

The recommended maximum amount of salt for adults is 6 grams a day. Most people eat too much salt as it's hidden in processed food like ketchup, ready meals, tinned food, bread, cereals and cakes.

Checking food labels can help you to choose lower salt alternatives but some food companies choose to give figures for sodium rather than salt, as it is the sodium in salt that can contribute to high blood pressure.

By choosing more fresh foods and not adding salt to cooking and meals, you can immediately reduce your salt intake.

drink plenty

Aim for: **At least 6–8 drinks a day**

Drinking regularly helps you to stay hydrated and healthy.

You will need to drink more if it's a hot day, if you're doing more activity or if you are ill.

Water is the easiest, cheapest and healthiest way to get enough fluid but you can count pure juices, milk, squashes and other non-alcoholic drinks as part of your daily intake. Coffee and tea can also be included but it's important to balance them with other sources of fluid.

Soft drinks contain a lot of sugar and calories so it's best to avoid these as much as possible or replace them with sugar-free versions.

alcohol – limit your intake

Drinking too much alcohol can cause a whole host of health problems including cancer, liver disease, stroke, high blood pressure and can even affect mental health.

The calories contained in alcohol can also contribute to weight gain and make people want to eat more.

medical experts recommend that:

- women regularly drink no more than 2–3 units of alcohol a day.
- men regularly drink no more than 3–4 units of alcohol a day.

It is advisable to have alcohol-free days and not drink all your units in one sitting.

one unit of alcohol =

- 100ml of wine. A small glass of wine (125ml) is 1.5 units.
- half a pint of normal-strength lager, cider or beer.
- a pub measure (25ml) of spirit.

Be aware of how many units you are drinking. A lot of beers and wines have a higher strength of alcohol, and when you are pouring them at home it is easy to drink larger amounts. Try low-calorie mixers with drinks – add soda water to make spritzers or diet lemonade to make shandy.

Remember you should never drink and drive. For more information about responsible drinking visit www.drinkaware.co.uk

filling foods

eating snacks and healthy meals that are both nutritious and filling will help you feel satisfied and prevent unplanned snacking.

Filling foods include:

- Fruit and vegetables.
- Breakfast cereals – particularly wholegrain varieties and porridge oats.
- Pasta, brown rice, potatoes and grains.
- Soups.



Try these filling food ideas:

- Pile on your favourite veggies at dinner or have a side salad with your meal.
- Replace sugary or fattening puddings with a low-fat yogurt and fruit – more filling than you think!
- Eat a banana or apple mid-morning to help you feel satisfied until lunch.
- Try slow-releasing energy breakfasts such as porridge with a handful of blueberries, wheat biscuits with chopped banana or even a healthy cooked breakfast – grill 2 lean rashers of bacon, 1 tomato, a handful of mushrooms and serve with a tablespoon of baked beans.
- Soups (non-creamy) are great to take the edge of your appetite between meals or make a filling lunch. Make your own vegetable soup and pack in your 5-a-day or if you're stuck for time, open a tin.

Eating regularly is important, especially at mealtimes. Try not to skip breakfast as it starts your metabolism going for the rest of the day.

top tip: think about how quickly you eat your food and where you eat it. sitting down at a table and not being distracted by the tv or computer will help to slow down your eating which, in turn, helps you to feel full.

how hungry are you really?

your body tells you when you are hungry and full, you just need to recognise the signals to understand whether you truly are hungry or just eating out of habit or for comfort.

Tuning into these signals will help you make decisions about when and what to eat.

satisfaction scale

use the satisfaction scale below to work out how hungry you feel. at point 3, you're more likely to make healthy food choices.

Don't wait until you hit 1 as you could be tempted to reach for quick-fix snacks like cakes, biscuits or cakes and eat more than you really need.

Your stomach feels really uncomfortable, as if it's about to burst.	5 – Stuffed
Your stomach feels just right, you don't feel like eating any more.	4 – Full 3 – Satisfied
You might feel a rumbling in your stomach or feel empty. You could feel light headed or nauseous.	2 – Hungry 1 – Starving

If you continually reach point 5 on the scale, you are overeating.

To combat overeating try eating your meals more slowly and putting your knife and fork down between mouthfuls. These pauses give your brain the chance to register that food is in your stomach and signals when you are getting full. Try dividing the food on your plate in half. Take a break after the first half and assess your hunger according to the satisfaction scale. If you're not feeling satisfied continue eating, if you are satisfied – stop.

eating well on a budget

there are ways you can stretch your food finances further and still enjoy a varied and nutritious diet.

1. Plan meals in advance

Spend time planning weekly meals to save money and time in the supermarket, and build more fruit and veg into your meals. Start by making a list of healthy meal options and balance them out during the week using the eatwell plate as a guide. Plan simple meals for days you are rushed and dishes that take longer to prepare on less busy days.

2. Compare prices

Try using NHS Choices' independent price comparison site www.mysupermarket.co.uk to cut both the cost and the amount of sugar, fat and salt in your weekly shop. It suggests healthy food swaps as you fill your virtual trolley.

3. Buy store own brands or economy ranges

These are often lower in price and can taste just as good as premium brands. Choose reduced sugar and salt versions where possible of things like tinned beans, soups and fruit.

4. Never shop when you are hungry

If you shop on a full stomach you are most likely to buy the things you need and not be tempted by promotions on chocolate, biscuits, cakes and crisps.

5. Shop with the seasons

Buying seasonal fruit and vegetables makes good common sense. They are fresher, tastier, better for you and cost less.

cooking meals at home

cooking at home is another way to reduce your weekly food bill.

It doesn't have to be complicated and you don't need to be a top chef to work wonders with a few key ingredients, check out online recipes at www.nhs.uk/Change4Life/Pages/healthy-eating.aspx

here are some tips:

1. Prepare and freeze

On days when you are less rushed, cook a double quantity of meals and freeze half for reheating on a busier day.

2. Home-made takeaways

A home-made pizza or curry can be made with healthier ingredients and less fat and salt than takeaway choices, and for a fraction of the cost. Skinned chicken thighs are tastier and cheaper than breasts and can be transformed into a delicious curry with a jar of sauce or tins of tomatoes and spices.

3. Add more veg

Make more expensive meat go further by adding more vegetables such as onions, carrots and mushrooms to meals like stews and casseroles. Try using less meat in cooking and adding vegetables to bulk it up.

4. Choose economic cuts

Lower-priced cuts of meat don't have to be unhealthy or unappetising. Trim off any visible fat or skin and slow cook on a low heat to make it tender. Substitute cheaper alternatives – turkey for chicken or a whole chicken instead of breasts, topside beef in place of sirloin steak and shoulder of lamb or pork instead of leg or loin. Pork is generally cheaper than lamb or beef.

5. Pasta heaven

Pasta is a versatile tea-time solution and can make a nourishing family meal. Stir in a can of drained tuna or salmon, a few handfuls of frozen peas and a tin of tomatoes to cooked pasta, sprinkle a little cheese on top and grill for ten minutes for a delicious pasta bake. Serve with a salad to boost your 5-a-day.

eating out

we eat and drink out more than ever before and probably don't even think about it – a cappuccino and cake in town, fast food burger and chips on the run, family pub dinners, a pint and a packet of crisps at your local – it all counts.

It is possible to enjoy eating out while managing your weight. The following tips and advice can help you make wiser decisions when you're out and about:

Plan ahead

Offer to book the café, pub or restaurant so that you can select one that serves healthier, more filling foods that will keep you satisfied. If someone else has already chosen, research the menu online and use this booklet to decide your meal in advance.

Use food diary sheets

If you log down everything you eat and drink, you may feel more reluctant to choose meals that are high in fat and sugar. Livewell offers a variety of food diaries to help you.

Get active

Enjoy a brisk walk as part of your trip into town and burn off some extra calories before you head for the coffee shop or plan a walk in the park after a meal out. **Use a Livewell pedometer to track your movement and calories.**

Sensible selection

Some restaurants, pubs and cafés list healthier options on their menus, indicating whether it’s a lower fat or lower calorie alternative. If you’re not sure, ask the waiter/waitress. Base your choices on filling foods where possible – baked or grilled fish, lean steak, pasta with a vegetable sauce for example. Opt for grilled, baked and steamed food whenever you can.

On the side

Ask for creamy dressings and sauces to be served on the side, so you choose how much you eat.

Empty calories

Avoid calorific lattes and creamy hot chocolates which can contain as many calories as a meal, instead go for fruit smoothies, filter coffee or fruit or herbal teas.

**lose weight the right way with
livewell’s lose weight feel
great 8-week programme**

Through Livewell’s practical and fun weekly sessions, you’ll discover ways you can eat more healthily while steadily shedding the pounds. Livewell’s sensible plan means you’re much more likely to keep the weight off, unlike other quick-fix diets.

**book on for free through
your livewell advisor...**



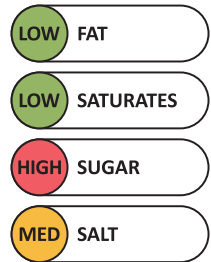
food labelling

traffic light labels on foods make it easier to select healthier choices. you will have probably noticed labels like the ones to the right.

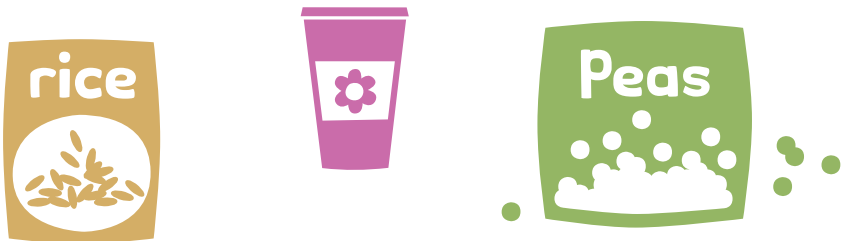
Most food packaging uses the green, orange, red system to indicate whether a food type is low, medium or high in calories, sugars, fats and salt.

A food type could be high in sugar but low in fat and it can be difficult to get a healthy balance across all three. Try to choose foods that contain mostly green or orange labels and restrict foods with one or more red label to occasional treats.

If you can’t find a label like the one above on packaging, look at the ‘per 100g’ information on the pack and use the grid below.



all measures per 100g	low A healthier choice	medium OK most of the time	high Just occasionally
Sugars	5g or less	5.1–15g	More than 15g
Fat	3g or less	3.1g–20g	More than 20g
Saturates	1.5g or less	1.6g–5g	More than 5g
Salt	0.30g or less	0.31g–1.5g	More than 1.5g



notes

notes



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