

# Your Health Your Way – Healthy Eating Week

## The Eatwell Guide



The Eatwell Guide breaks down our foods into their food groups and shows proportionally which food groups we need more or less of within our diet. To maintain a healthy, balanced diet we should have foods from each category in the majority of our meals. Those foods outside of the circle are foods we should have less often and in smaller amounts – they are outside the circle as we do not need these foods for survival.

**Fruit & Vegetables:** We should aim for 5 a day, with a 3:2 split veg:fruit. These are essential in our diet as they contain many of the vitamins and minerals our body needs.

**Carbohydrates:** We should base every meal around starchy foods. We should choose wholegrain or higher fibre versions as these keep us fuller for longer and mean we are less likely to snack on those foods higher in sugar/salt. We need carbohydrates for energy.

**Protein:** Protein is essential in our life for the growth and repair of muscles. We need to eat a range of protein, including 2 portions of fish per week (one of which should be oily) and try to eat less red/processed meat.

**Dairy and alternatives:** Dairy is a key source of calcium, which helps to keep our bones & teeth strong, as well as encouraging nail and hair growth/strength. For those who follow a dairy free diet, soy and alternatives still contain the calcium we need.

**Oils & Spreads:** Foods in this group should be used in small amounts, and usually within the cooking of our meals. Choose unsaturated oils such as rapeseed/vegetable oil or olive spreads.

### How to refer

Online form on our website: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)

Or call us on 0115 772 2515

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