



Nutrition

Eat Well Diet

Lesson 2

Understand how to follow the eatwell guide and have a varied nutritious diet whilst on a budget.





**National surveys
have discovered
that the general
public in the UK
are not meeting
the requirements
of the eatwell
guidance.**





**The
recommendations
of five portions of
fruit and
vegetables a day
is not being met
by over two-thirds
of adults.**





**On average
adults are only
consuming one
portion of fish
a week
instead of two
portions.**





**Only 18g of fibre
per day is
consumed by
adults instead of
the recommended
30g per day.**





**It is recommended
to consume less
than 6g of salt a
day but the
average adult
consumption
value is 8g day.**





**Too much
saturated fat is
being eaten in the
diet by all age
groups of the
population.**





**Too much free
sugar is being
eaten in the diet
by all age groups
of the population.**





Public Health England have produced 8 tips for eating well which are developed around the Eatwell guide. This is to help encourage the population to achieve a healthier diet.





Tip 1 – base meals on starchy carbohydrates

- **These are bread, potatoes, pasta and rice**
- **Try to select wholegrain and high fibre versions of these**
- **The less added salt, sugar and fat the better**
- **Leave skins on potatoes**



Tip 2 – have lots of fruit and vegetables

- **At least five portions of fruit and vegetables a day**
- **Add fruit to breakfast cereal**
- **Have snacks of fruit and vegetables between meals**
- **Add grated courgette or carrot to sauces e.g. bolognese**



Tip 3 – eat more fish

- **Try to eat two portions of sustainable fish a week**
- **Try to include one portion of oily fish a week e.g. salmon, mackerel, sardines and trout**
- **Check the salt content of any canned fish to make sure its not too high**
- **Bake, grill or poach fish rather than frying it**
- **Try not to eat fish in breadcrumbs, batter or pastry**



Tip 4 – reduce the amount of saturated fat and sugars

- **Swap saturated fats e.g. butter, chocolate, cheese for unsaturated fats e.g. vegetable oils, oily fish, nuts and seeds**
- **Unsaturated oils such as rapeseeds, sunflower and olive oil are high in vitamin E so can help to protect the bodies cells**
- **Try using spray oils as you wont use as much**
- **Select baked dishes instead of fried dishes**
- **Eat less sugary foods and drinks**
- **Try yoghurt and fruit to satisfy any sweet cravings**
- **Read food labels to select food low in saturated fat and sugar**



Tip 5 – eat less salt

- **Adults should eat less than 6g (1 teaspoon) a day. Children should be having less than this**
- **Processed foods are usually high in salt so always check labels for the amount of salt.**
- **High salt content is more than 1.5g of salt per 100g**
- **Low salt content is less than 0.3g of salt per 100g**
- **Use herbs and spices to flavour food rather than salt**



Tip 6 – be more active and maintain a healthy body weight

It is recommended to do 150 minutes of moderate exercise (cycling or brisk walking) or 75 minutes of vigorous exercise (swimming or running) and muscle strength training at least twice a week. This is for 19 to 64 year old adults.



Tip 7 – keep hydrated

- **Have 6 to 8 glasses of fluid a day**
- **Water is the best fluid to drink as there are less calories**
- **Other alternatives are unsweetened coffee and tea, sugar free drinks and low fat milk**
- **Alcohol cannot be counted as it makes you pass urine encouraging dehydration**



Tip 8 – never skip breakfast

- **Choose a healthy breakfast e.g. wholegrain cereals or porridge**
- **Try to avoid sugary cereals**



If you follow the eatwell guide you should not need to take any supplements to add to your diet. The only exception to this are babies, young children and people who are not exposed to sunshine may need vitamin D. Women who may become pregnant or who are pregnant require folic acid to help prevent any birth defects. Vegans may require vitamin B12 as it is only found naturally in animal food sources.





The eatwell guide is considered to be sustainable and good to the environment as it includes lots of plant-based foods especially the ones which are in season.





Revision Activity 2

**List two of the tips
for eating well?**