

HEALTHY EATING TIPS

Develop your personal healthy eating style with these tips and maintain a balanced diet for a lifetime

1. Find your own personal healthy eating style

Creating a healthy eating style involves regularly eating a variety of foods to provide your body with the nutrients it needs.

2. Make half your plate vegetables Eating a wide variety of colourful fruits and vegetables helps provide fibre and important vitamins and minerals.

3. Focus on whole fruits Choose whole fruits & berries and aim to eat the whole fruit (including the peel) making sure to wash carefully first. The fibre in the peel helps balance the natural fructose sugars in the fruit. Aim for 1-2 portions daily.

4. Vary your vegetables There are many different vegetable groups and it's important to include a variety of starchy root vegetables, leafy greens, salad vegetables, cruciferous (broccoli, cauliflower, cabbage) and alliums (onions, leeks, garlic). Each group provides a different range of nutrients. Aim for 5-7 portions daily.

5. Choose wholegrain carbohydrates Aim to choose wholegrain breads, pasta and rice as they typically contain the whole grain and more fibre, and limit refined foods such as white flours, breads, pasta rice and industrial products which use these.



6. Include some dairy Include a small variety of dairy & fermented dairy products. Look for those containing live cultures which help support intestinal microbiota, such as organic milk, kefir, yoghurts and raw cheeses. Look for products which are low in added sugars.



7. Vary your protein routine Mix up your protein foods to include lean meat & poultry, fish, eggs, beans & pulses, unsalted nuts and seeds. Aim to eat 1 portion of red meat, 2 portions of poultry and 3 portions of fish (including 2 portions of oily fish) per week alongside a variety of plant proteins.



8. Limit foods high in added sugars, sodium and saturated fats Many industrial foods such as fizzy drinks, breakfast cereals, biscuits, crisps and baked goods contain added sugars, sodium and saturated fats to provide flavour and to help stabilise them for a longer shelf life. Limit your intake of these foods and opt for more nutrient-dense wholefoods.



9. Drink plenty of clear water The human body is made up of c. 65% water so getting a good intake of water helps us function efficiently. It provides a transport system for distributing nutrients in the body and eliminating toxins. Aim for 1.5L per day.

10. Everything you eat and drink matters Ultimately we are what we eat and so choosing healthy foods is beneficial to how we feel, now and in the future.

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