

## Eating the Rainbow

### Red

Peppers, Tomatoes, Strawberries, Raspberries, Watermelon, Apples, Cherries

⇒ decreases risk of diabetes, improves skin quality and heart health

### Orange/Yellow

Oranges, lemons, grapefruit, papayas, carrots, sweet potatoes, pineapple, bananas

⇒ Contains vitamin C which promotes vision, cell growth, improving immune function

### Green

Spinach, Kale, Broccoli, Sprouts, Cabbage, Asparagus, Avocado

⇒ Boost immune system, detoxify the body and restore energy

### Blue/ Purple

Blueberries, Blackberries, grapes, eggplant, plums, prunes, figs

⇒ Repair damage and reduce inflammation,

### Brown/White

Cauliflower, Garlic, Onions, Mushrooms, Potatoes, Parsnips

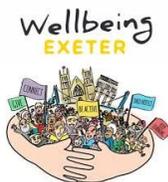
⇒ Help to keep bones strong, reduce the risk of cancer



## Eating Well



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## Your Eat Well Guide

Wellbeing  
EXETER

### The Eatwell Plate

#### Fruit and Vegetables

Eat at least 5 portions a day  
Fruits and Veg should make up over a third  
Good Source of Vitamins, Minerals and Fibre

#### Carbohydrates

Potatoes, Rice, Bread, Pasta  
Choose wholegrains/ high fibre options  
Source of energy and the main source of a range of nutrients for the body

#### Water

Aim for at least 6-8 glasses of water a day



#### Fats and Sugars

Unsaturated oils are best  
Eat in small quantities



#### Protein

Beans, Pulses, Lentils Fish, Eggs, Meat  
2 portions of fish per week  
Less red meat  
Less processed meat e.g. bacon, ham and sausages  
Beans and pulses are lower in fat & higher in fibre and protein than meat

#### Dairy

Milk, Cheese, Yoghurt  
Source of protein and some vitamins  
Important source of calcium to keep bones strong and healthy.  
(Including dairy alternatives e.g. soya milk)

# Tips for staying healthy

## 1. Base your meals on higher fibre starchy carbohydrates

At least 1 starchy food with each meal, choose wholegrains and high fibre carbohydrates e.g. brown rice, wholemeal pasta, oats and bread

## 2. Eat lots of fruit and veg

One portion is 80g. The recommended daily amount is 5 portions of fruit and veg a day.

## 3. Eat more fish

Oily fish are high in Omega 3 and may help prevent heart disease e.g. Salmon and Mackerel .

## 4. Cut down on processed foods

Processed foods are high in salt, saturated fat and sugar this can increase cholesterol and risk of heart disease. Foods high in sugar can lead to obesity and tooth decay

## 5. Eat less salt

Too much salt can raise blood pressure, leading to increased risk of heart disease and stroke. Adults should consume no more than 6g of salt per day.

## 6. Get active and be a healthy weight

Getting regular exercise can add to the benefits of a balanced diet.

## 7. Do not get thirsty

It is recommended that adults should drink 6-8 glasses of water a day.

## 8. Do not skip breakfast

A healthy breakfast high in fibre, low in fat and for example; wholegrain low sugar cereals with semi-skimmed milk and fruit.

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>

## Understanding Food Labels

Each burger contains:

| ENERGY  | FAT | SATURATES | SUGARS | SALT |
|---------|-----|-----------|--------|------|
| 924KJ   | 13g | 5.9g      | 0.8g   | 0.7g |
| 220kcal | MED | HIGH      | LOW    | MED  |
| 11%     | 19% | 30%       | <1%    | 12%  |

Colour coded labels make it easy to see at a glance how high or low food is in fat, saturates, sugars and salt.

Red = high

Amber = medium

Green = low

This means that the more green there is on the label the healthier the food is.

Also...

- Check serving sizes
- Check what % is it of your daily intake?
- Look at the ingredients list (arranged in weight order)

### TOP TIP!

Cook more meals from fresh ingredients, avoid pre-packaged meals that are high in saturated fats & salt & avoid snacks & drinks high in sugar



Women should have around 2,000 calories a day and men should have around 2,500 calories

### Average Portion Sizes

#### Protein

Meat, fish, chicken—100g  
Lentils and pulses— 80g (cooked)  
2 eggs

Nuts and seeds— 25g

#### Carbohydrates

Rice, couscous— 60g (uncooked)

Potatoes— 170g

Pasta 70g (uncooked)

#### Fruits and Vegetables

80g fresh fruit,

30g dried fruit

#### Fats, Oils and butter

10ml approx.

#### Dairy

Cheese —25g

Feta —30g

Yoghurt— 50-100ml

Mozzarella-60-125g