

## NEW YEAR, NEW YOU!

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. It doesn't have to be difficult either. These eight practical tips cover the basics of healthy eating, and can help you make healthier choices:

### SUPER STARCHY FOODS!

Starchy foods should make up around one third of the foods you eat. Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can help you feel full. Try to include at least one starchy food with each main meal.

Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat.



### EAT MORE FISH

Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least two portions of fish a week, including at least one portion of oily fish. Oily fish contains omega-3 fats, which may help to prevent heart disease. You can choose from fresh, frozen and canned but remember that canned and smoked fish can be high in salt.

### EAT LESS SALT



Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces. Eating too much salt can raise your blood pressure. People with high blood

pressure are more likely to develop heart disease or have a stroke.

### CUT OUT SUGAR AND SATURATED FATS

We all need some fat in our diet but there are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, sausages, cream, butter and pies. Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead, such as vegetable oils, oily fish and avocados.

For a healthier choice, use just a small amount of vegetable oil or reduced-fat spread instead of butter, lard or ghee. When having meat, choose lean cuts and cut off any visible fat.

Cut down on sugary and alcoholic drinks, sugary breakfast cereals, cakes, biscuits and pastries, which contain added sugars. Cut down on this kind of sugar, rather than sugars that are found in things such as fruit and milk.



Looking for more information on how to eat right? Visit [vital-nutrition.co.uk](http://vital-nutrition.co.uk) for tips and advice.

### GET ACTIVE, STAY SLIM

Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health. Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health.

Physical activity can help you to maintain weight loss or be a healthy weight. Being active doesn't have to mean hours at the gym: you can find ways to fit more activity into your daily life. For example, try walking or cycling to work or maybe join a fitness class and exercise 3-4 nights

per week. Being physically active may help reduce the risk of heart disease, stroke and type 2 diabetes.



### EAT LOTS OF FRUIT AND VEG

It sounds simple but many people still are not eating the recommended five portions of different types of fruit and veg a day. It's easier than it sounds. A glass of unsweetened 100% fruit juice (150ml) can count as one portion, and vegetables cooked into dishes also count. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?



### THE BEST MEAL OF THE DAY!

Some people skip breakfast because they think it will help them lose weight. In fact, research shows that eating breakfast can help people control their weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. A wholegrain, lower-sugar cereal with fruit sliced over the top is a tasty and nutritious breakfast so try some porridge and prunes!

### QUENCH YOUR THIRST

We need to drink about 1.6 to 2 litres of fluid every day to stop us getting dehydrated. This is in addition to the fluid we get from the food we eat. All non-alcoholic drinks count, but water and lower-fat milk are healthier choices.

Avoid sugary soft and fizzy drinks that are high in added sugars and calories, and are also bad for teeth. Even unsweetened fruit juice is sugary, so try to limit how much you drink to no more than one glass (about 150ml) of fruit juice each day.

