

## 4 tips on healthy eating

### Tip 1

#### Base your meals on higher fibre starchy foods

Starchy carbohydrates include potatoes, bread, rice, pasta, and cereals. These should make up just over a third of the food you eat. Try to include at least 1 starchy food with each main meal and chose higher fibre and wholegrain options for more nutrients.



### Tip 2

#### Eat lots of fruit and vegetables

It is recommended that you eat at least 5 portions of fruit and veg eat day. These can be fresh, frozen, canned drained or juiced. A 150ml of fruit juice, vegetable juice or smoothie is also counted as a 5 a day but try to limit this to once glass a day as it can damage your teeth.



### Tip 3

#### Eat more fish, including a portion of oily fish

Aiming to eat at least two portions of fish a week, one portion including oily fish will provide you with a good source of protein and many vitamins and minerals. Fish also contains omega-3 which may help prevent heart disease.



### Tip 4

#### Stay Hydrated

You need to drink plenty of fluids to stop you getting dehydrated. The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat. Try to avoid fizzy and soft drinks as these are bad for your teeth. Remember to drink more fluids during hot weather or while exercising.

