

WHAT IS A BALANCED DIET?

Fruit & Vegetables

These should fill half of your plate or be roughly the same size as two handfuls.

Complex Carbohydrates

These should fill a quarter of your plate or be roughly the same size as one handful.

Healthy Fats and Dairy

These should be included in small quantities and not necessarily with every meal.

Lean or Vegetarian Protein

These should fill a quarter of your plate or be roughly the same size as the palm of your hand.



WHAT IS A BALANCED DIET?

Complex Carbohydrates

Look to include wholegrains such as oats, brown rice and brown pasta, or you could opt for sweet potato.

Wholegrain carbohydrates are a great source of fibre which is important for maintaining a healthy digestive system. These complex carbohydrates provide a slow release source of energy, which helps us to maintain concentration, stave off tiredness and feel more alert for longer.

Fruit & Vegetables

Try to include at least 5 portions of fruit and vegetables in your diet every day. One portion is 80g or roughly the same as one handful

Eating fruits and veggies of different colours ensures our bodies receive the full range of nutrients to keep us healthy. Vitamins and minerals gained from eating fruit and vegetables are needed for every process in the body, from a healthy immune system to normal brain function.

Healthy Fats and Dairy

Examples of healthy fats are nuts & seeds, olives & olive oil, rapeseed oil and avocado. Vital for a healthy heart and brain, unsaturated fats are also important for strong hair & nails and healthy skin.

Often forgotten about, dairy provides important vitamins such as calcium, B12 and Iodine which are needed for strong bones, normal nerve and brain function as well as healthy blood cells.

Lean or Vegetarian Protein

Eggs, beans & pulses, soya products and fish are all great sources of protein. Of course, meat is also packed with protein, but make sure to choose lean cuts to limit your saturated fat intake.

Helping to keep us fuller for longer, protein is also important for maintaining normal muscle, nerve and organ function as well as helping to repair and grow new cells and tissues.

