

The background of the image is a clear blue sky with several fluffy white clouds scattered across it. The text is centered in the upper half of the image.

Healthy Eating
Blue Sky Thinking

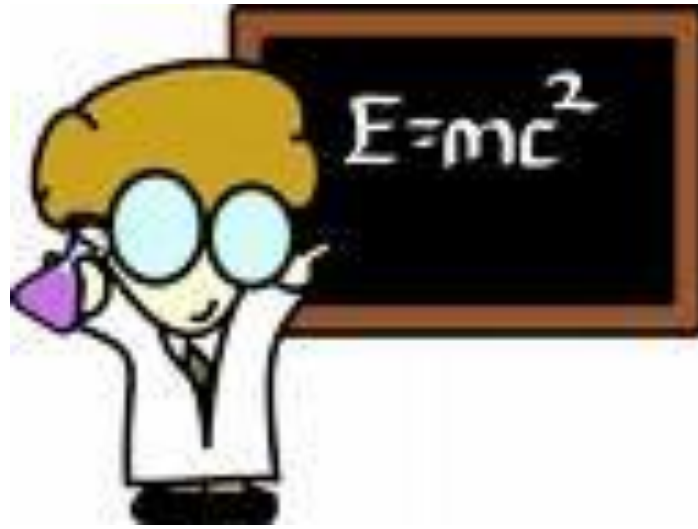
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



FACT or FICTION? . . .

The expectation is always changing
their minds about what healthy eating is?





Plenty of Fruit and Vegetables

All these count towards your 5 a day ...

- Fresh
- Frozen
- Tinned
- Dried
- A glass of fruit juice





FACT or FICTION? . . .

It's hard to eat 5
portions of fruit and
FALSE
vegetables
everyday?



Fruit and vegetables
are too expensive?
FALSE



FACT or FICTION? . . .

Frozen vegetables are
no different from
fresh vegetables?

FALSE



An apple a day keeps
the Doctor away?

FALSE



Meals Based on Starchy Foods

These include ...

- Bread
- Potatoes
- Rice
- Pasta
- Noodles
- Couscous
- Breakfast cereals



Try to go for wholemeal options
which will keep you fuller for longer



FACT or FICTION? . . .

To lose weight, bread and potatoes must be cut out of your diet?

FALSE



Cereal bars make healthy snacks?

FALSE



FACT or FICTION? . . .

Photos are
FALSE
factual?



Brown bread is just
FALSE
as nutritious as
wholemeal bread?





Some Milk and Dairy Foods

These include ...

- Glass of milk
- Small piece of cheese
- A pot of yogurt
- A pot of fromage frais



Try to choose the low fat options

Eat full fat options less often or
Have smaller portions



FACT or FICTION? . . .

Skimmed and semi
skimmed milk are
not as nutritious as
whole milk?

FALSE



Edam and hard cheese have equal
amounts of fat?

FALSE



Some Protein

These include ...

- Meat
- Fish
- Eggs
- Beans
- Other sources of protein

These foods also contain many vitamins and minerals





FACT or FICTION? . . .

A ham is a good source of
protein and iron. It
helps with iron deficiency.
FALSE



Guinness is a
valuable source of
dietary iron?
FALSE



A small amount of Sugar and Fat

Eat just a small amount of foods and drinks high in fat and/or sugar

Sugar can cause tooth decay

Check the labels

- 15g per 100g is high
- <5g per 100g is low





FACT or FICTION? . . .

Honey is better for you
than sugar

FALSE



Sweets are a good source
of vitamins

FALSE

FACT or FICTION? . . .

Margarine has fewer calories than butter?

FALSE



Olive oil is lower in fat than solid cooking fat?

FALSE



FACT or FICTION? . . .

Having an **oyster fry** in the morning
can be the **best** choice?



H₂O

- Remember to drink plenty water
- About 6-8 glasses every day to stop you getting dehydrated





Eat Less Salt

- Adults should have no more than 6g salt a day
- 75% of the salt we eat is already in the food we buy e.g. breakfast cereals, soups, sauces and ready meals



The eatwell plate

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Useful Websites

Food Standards Agency

- www.food.gov.uk
- www.eatwell.gov.uk
- www.salt.gov.uk

Safefood

- <http://www.safefoodonline.com/>

Health Promotion Agency

- <http://www.healthpromotionagency.org.uk/>



Useful Websites

Dairy Council

- <http://www.dairycouncil.co.uk/>

Livestock and Meat Commission (LMC)

- <http://www.lmcni.com/>
- <http://www.food4life.org.uk/>



Thank you

Any questions?