

An Introduction to a Healthy Lifestyle



Eatwell Key messages	Nutritional information	Health Messages
Eat plenty of starchy foods. Choose whole grain varieties.	Starchy foods are an important source of energy and wholegrain varieties provide extra fibre, vitamins and minerals.	Fibre helps to keep us fuller for longer which can help us to maintain a healthy weight. Fibre can help us to maintain a healthy bowel and can help to reduce cholesterol levels, and help reduce the risk of heart disease and stroke.
Eat plenty of fruit and vegetables – at least 5 varied portions per day.	Fruit and vegetables are an important source of many vitamins, minerals and fibre.	Eating plenty of fruit and vegetables can help to maintain a healthy weight and to reduce the risk of disease such as cancers, heart disease and stroke.
Eat some foods from the meat, fish, eggs, beans and other non dairy sources of protein every day. Choose lower fat options.	These foods are an important source of protein and a range of vitamins and minerals. They can also be high in fat, particularly saturated fat, for example fat on meats such as beef and lamb or chicken skin.	Protein is important for growth and repair. Too much saturated fat can lead to weight gain, increased blood cholesterol and increased blood pressure which can lead to heart disease and stroke. Be mindful of the amount of saturated fat consumed and reduce intake where possible.
Eat some foods from the milk and dairy foods group every day. Choose lower fat options.	These foods provide a good source of calcium. They also provide protein but can be high in fat, particularly saturated fat for example cheese.	Calcium helps to keep our teeth and bones strong. Too much saturated fat can lead to weight gain, increased blood cholesterol and increased blood pressure which can lead to heart disease and stroke. Be mindful of the amount of saturated fat consumed and reduce intake where possible.
Foods high in fat and or sugar should form the smallest part of our dietary intake.	Fatty and sugary foods and drinks provide lots of calories but usually very little in the way of vitamins, minerals or fibre.	Fat is high in calories and too much can lead to weight gain. Saturated fat in particular raises blood cholesterol levels and can lead to greater risk from heart disease and stroke. Eating too much sugar can lead to weight gain which increases the risk of many diseases. Sugar can also lead to tooth decay.
Reduce salt intake	High salt intake can lead too excess sodium in the diet.	Too much salt / sodium can lead to high blood pressure which in turn can lead to heart disease and stroke.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Choose unsaturated oils and use in small amounts



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

African & Caribbean Eatwell Guide

Use this Eatwell Guide to help you understand some cultural foods and help get a better balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Patties/Meat Pies



Malt beverages



Fried doughs (puff puff, dumpling, festival, pholourie)

Eat less often and in small amounts

THE DIVERSE NUTRITION ASSOCIATION

Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Oil & spreads



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose a wholegrain or higher fibre versions with less added fat, salt and sugar



The South Asian Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Fareeha Jay
AAP KI DIETITIAN

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Vegan Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least five portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen mixed veg

Spinach

Bananas

Grapes

Kale

Raisins

Chopped tomatoes

Carrots

Onions

Lentils

Baked beans

Soya mince

Pumpkin seeds

Cashew nuts

Plain nuts

Peanut butter

Tofu

Beans, peas, lentils and other proteins

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes

Whole grain cereal

Cous Cous

Wholemeal chapatti

Whole wheat noodles

Whole wheat pasta

Brown rice

Wholewheat spaghetti

FORTIFIED!

Oat drink

Soya drink

Soya

Calcium-rich foods
Choose lower fat and lower sugar dairy alternatives

6-8 a day

Water, sugar-free tea and coffee, and plain/unsweetened milk alternatives all count. Limit fruit juice and smoothies to a total of 150ml a day.

Walnuts

Ground linseed

Omega-3 fat

Vitamin D (autumn and winter minimum)
Vitamin B12
Iodine
Selenium

Nori

VEG1

Fortified Nutritional Yeast

Fortified Soya drink

Vitamin and mineral checklist

Oil and spreads

Choose unsaturated oils and use in small amounts

Additional Information

Healthy eating tips

- Aim to eat at least five portions of fruit and vegetables daily. A portion is around 80g.
- Eat starchy carbohydrates at mealtimes. Choose wholegrain varieties.
- Eat a variety of protein-rich plant foods. Include them in most meals.
- Eat at least two portions of calcium-rich foods daily: 200ml fortified milk alternative: 200g fortified soya yoghurt alternative, 70g calcium-set tofu (uncooked weight) or two slices of soya and linseed bread fortified with extra calcium are examples of one portion.
- Eat walnuts or seeds rich in omega-3 fat daily. Choose highly unsaturated dairy-free spread and oils, like vegetable (rapeseed) or olive oils, and use in small amounts.
- Stay hydrated by drinking six to eight glasses of fluid daily, including water, sugar-free tea and coffee, and plain/unsweetened milk alternatives. Limit fruit juice and smoothies to a total of 150ml a day.
- Limit foods with added fat, sugar and salt.

Sustainability tips

- Choose local and seasonal produce when possible.
- Plan food shops and buy frozen and tinned fruit and vegetables if this helps you to reduce food waste.
- Try to buy unpackaged food, or buy in bulk using recyclable, biodegradable or reusable packaging.
- Limit especially perishable fruit and vegetables and those that are pre-prepared, chopped or trimmed, e.g. salad bags or cut pineapple.
- Limit air-freighted fruit and vegetables, e.g. green beans from Africa or berries from the USA.

Nutrients that deserve special attention

Vitamin D supplementation:

- 10mcg daily
- Take during autumn and winter as a minimum
- D3 from lichen or D2 are animal-free options

Vitamin B12 options:

- Daily supplementation (at least 10mcg)
- OR weekly supplementation (at least 2000mcg)
- OR fortified foods – at least twice a day adding up to at least 3mcg

Daily iodine options:

- Supplement (140mcg)
- OR around 500ml milk alternative with added iodine
- OR one and a half to two sheets (4g) of nori

Daily selenium option:

- Supplement (60 or 75mcg)

Further information

Although the Vegan Eatwell Guide applies to people aged five years and above, some of the information here is specific to adults. For further information, including guides for every stage of life, check out vegansociety.com/nutrition and the VNutrition app.

These are general guidelines about nutrition. If you have concerns about your diet, please talk to your doctor about seeing a dietitian. Discussing the use of supplements with a health professional will help to ensure that they are suitable for you. Published 02/2020 and to be reviewed 02/2023.