

# Healthy Eating Guide



Wales National Exercise  
Referral Scheme (NERS)  
Cynllun Atgyfeirio Cleffion  
i Wneud Ymarfer Corff Cymru



WLGA • CLILC



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



Iechyd Cyhoeddus  
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Public Health  
Wales

For more information contact the  
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[www.torfaenleisuretrust.co.uk](http://www.torfaenleisuretrust.co.uk)  
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Working in partnership with Torfaen County Borough Council  
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Torfaen  
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Ymddiriedolaeth  
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<b>Breakfast</b>	Fresh fruit or fruit juice No added sugar breakfast cereal or porridge or wholegrain bread or toast with low fat spread, eggs (scrambled, boiled, poached)
<b>Mid-morning</b>	Drink of choice (water, no sugar added squash) Snack (e.g. nuts, yogurt, fresh fruit, cottage cheese, oat cakes).
<b>Lunch</b>	Bread, potatoes, rice or pasta Lean meat, fish, eggs, beans Cooked vegetables or salad Dessert, yogurt or fruit, drink
<b>Afternoon</b>	Drink (water, no added sugar squash) Snack (fruit loaf, cottage cheese, yogurt, nuts, fruit)
<b>Evening meal</b>	Wholemeal bread, potatoes, rice or pasta Lean meat, fish, eggs, beans Cooked vegetables or salad Dessert (such as fruit crumble or stewed fruit and custard), yogurt or fruit
<b>Bedtime</b>	Semi-skimmed milk, fruit, yogurts

## 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.



Eating a variety of foods at regular intervals is important for good health, and is required to give you the energy and range of nutrients that your body requires. It is possible to maintain a normal, healthy body weight by choosing a diet based on the different good food groups every day:

Choose foods from each of the following groups every day -

- Bread and cereals
- Meat, fish, eggs, pulses and nuts
- Milk, cheese and yogurt
- Fruit and vegetables
- Fats and oils

## BREAD, CEREALS POTATOES, RICE AND PASTA

Include starchy foods at every meal.

Have a minimum of **6 - 8 portions** each day.

**1 portion equals:**

- 1 slice bread from a large loaf
- 1 small roll
- 1/2 large pita bread
- 1 small chapatti
- 4tbs (3oz/90g) boiled rice or pasta
- 2 egg-sized potatoes (4oz/120g)
- 1 bowl (1oz/30g)
- 1 weetabix or shredded wheat
- 3 crisp-breads

## MEAT, FISH AND ALTERNATIVES

Have at least 2 portions from this list every day.

**1 portion equals:**

- 2 - 3 slices (3oz/90g) cooked meat
- 4oz/120g cooked fish
- 1oz/30g hard cheese
- 3tbs (4oz/120g) cottage cheese or fromage frais
- 1 - 2 eggs
- 3tbs (4oz/120g) cooked pulses, peas, beans and lentils
- 4tbs (5oz/140g) baked beans
- 2oz/60g peanuts, almonds, brazil nuts etc.

Combining pulses (peas, beans and lentils) with cereals such as rice or pasta (e.g. beans on toast/bean casserole and rice) provides a good source of protein.

## MILK AND YOGURT

Include 1 pint of milk/day - some can be swapped for yogurt:

1 cup (1/3pint/200ml) = carton of yogurt.

## FATS AND OILS

Fat is needed for good health and some fats are healthier than others.

Olive oil and olive oil based spread are the healthiest option. Always consume the fats whilst bearing in mind their high calorie content. Three tea spoons a day are the recommended amount.

N.B. tbs = rounded serving (table) spoon  
Sourced from Nutrition and Dietetics Department-Royal Gwent Hospital, Newport 2011



## SUITABLE SNACKS

Fresh fruit, sandwiches, toast, fruit loaf, yogurt, scone, dried fruit, nuts.

## FLUID

It is important to drink enough fluid each day, 8 - 10 cups of water, fruit juice, tea or milk, rather than coffee, cola or diet drinks.

## FRUIT AND VEGETABLES

**FRUIT:** at least **3 helpings/day**

Include citrus fruits (e.g. oranges, grapefruit and their juices as these are a good source of vitamin C. Other types of fresh, cooked, dried and tinned fruit in natural juice are also useful.

**VEGETABLES:** At least **2 portions/day**

Include dark green varieties (e.g. cabbage or broccoli), as well as salad vegetables (e.g. tomatoes, carrots, celery and sweet peppers).

Frozen vegetables are just as nutritious as fresh ones. Do not overcook vegetables as this reduces their vitamin content. Cook in a small amount of boiling water for the shortest possible time.



## ALCOHOL UNITS GUIDE



Healthy adults are recommended, if they drink alcohol, to always drink within safe, sensible and social drinking guidelines. That is not to drink more than 2 - 3 alcohol units a day for women and 3 - 4 units a day for men. Episodes of heavy drinking cause a substantially greater risk to your health.

### WINE

- 1.5 Units = Small glass of red/white/rose wine (125 ml, abv 12%)
- 2.1 Units = Standard glass of red/white/rose wine (175ml, abv 12%)
- 3.0 Units = Large glass red/white/rose wine (250ml, abv 12%)

### BEER/LAGER/CIDER

- 2.0 Units = Pint of lower strength lager/beer/cider (abv 3.6%)
- 3.0 Units = Pint of higher strength lager/beer/cider (abv 5.2%)
- 1.7 Units = Bottle of lager/beer/cider (330ml, abv 5%)
- 2.0 Units = Can of lager/beer/cider (440ml, abv 5%)

### SPIRITS

- 1.5 Units = Alcopop (275ml, abv 5.5%)
- 1.0 Unit = Single small shot of spirits (25ml, abv 40%)

## ABV= ALCHOL BY VOLUME

A measure of the amount of pure alcohol as a percentage of the total volume of a liquid in a drink.