**Stay Fit, Stay Healthy, Stay Happy**

**Eat well Guide**

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It’s important to be aware of portion sizes; as having too much of certain food groups will make weight management very difficult.

**Fruit and vegetables**Fruit is a healthy option as it provides a lot of vitamins and minerals and anti-oxidants. However, fruit contains fruit sugar and if had too often and in large portion sizes, it can be difficult for your body to process. Fruit juice and smoothies should be limited to no more than a combined total of 150ml a day. An easy way of monitoring your portion size for fruit and vegetables, is the size of your hand. Filling up on vegetables at mealtimes and snacks, will help provide all the necessary vitamins and minerals, whilst maintaining a healthy weight and controlled glucose level.
**Eat at least 5 portions of fruit and vegetables a day.**

**Carbohydrates:**
Starchy food should make up just over a third of the food we eat. Choose high fibre wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on potatoes. There are also high fibre versions of white bread and pasta. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

**What is a portion?**
(This is a generic portion-liaise with your Dietitian to get further advice on size and how many portions you need in a typical day?)

1 large medium slice bread or toast\*
½ large roll or bagel \*
1 medium wrap
1 small thin chapati\*
6 tablespoons/handful unsweetened breakfast cereal\*
1½ Weetabix\*

1½ Shredded Wheat\*

2 level serving spoons cooked porridge with milk (no sugar)

2 egg sized potatoes or ½ medium jacket potato

2 tablespoons of mashed potato

10 oven chips

1 serving spoon cooked rice\*

2 serving spoons boiled pasta\*

2 serving spoons egg noodles

2 level serving spoons couscous

**Top tip:** Choose high fibre foods \* when you can as this will help to keep you fuller for longer and stabilise blood sugars.