

Be Weight Wise: Eat sensibly



IT IS IMPORTANT that you give your body all the goodness it needs to function properly and to ensure you achieve and maintain a healthy weight.

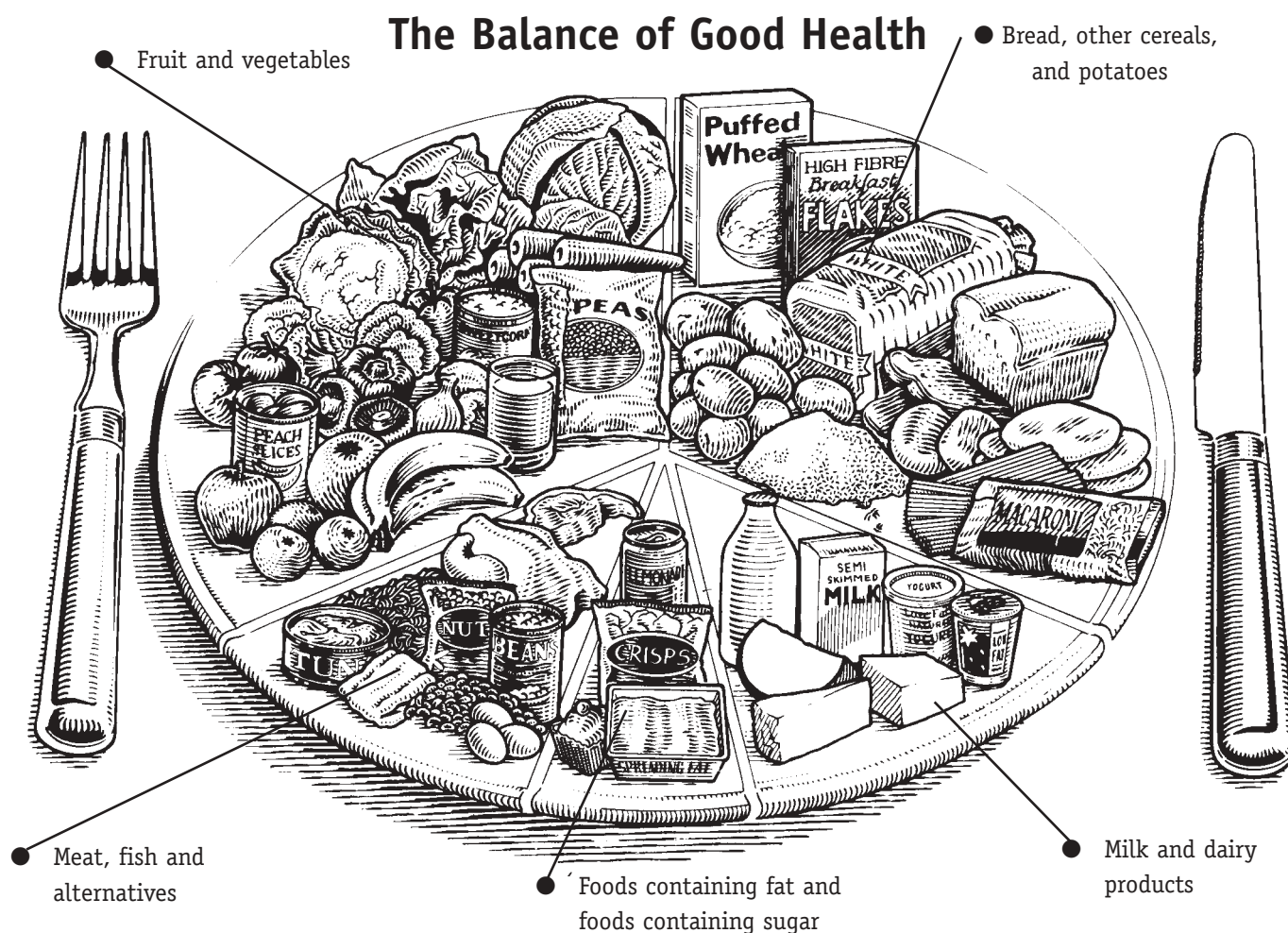
No special foods, drinks or diets are needed for this. All you need to do is eat sensibly – choose foods from the FIVE different food groups and watch the portion sizes. Remember that short-term or quick-fix diets are not a good idea: you need to make changes you can keep to long-term.

What are the five food groups?

- Fruit and vegetables
- Bread, other cereals, such as breakfast cereals, and potatoes
- Milk and dairy products
- Meat, fish and alternatives
- Foods containing fat and foods containing sugar

BUT how much of each of these food groups can you eat? Look at the plate model below. This is known as the Balance of Good Health. Do you eat items from each food group and in proportions similar to these? If not, why not try to gradually alter it.

The Balance of Good Health



British Dietetic Association

Fact Sheet 3

This fact sheet was produced by the British Dietetic Association for Food First 2002 in conjunction with Kellogg's. The British Dietetic Association is the professional association for State Registered Dietitians. For more information on The British Dietetic Association and its Food First campaign visit the website www.bda.uk.com



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Discover the WWW of the FIVE food groups

WHICH FOODS are in each group?
WHAT NUTRIENTS do they contain?
WHAT AMOUNT should we eat?



WHICH FOODS?

FRUIT AND VEGETABLES	BREAD, OTHER CEREALS AND POTATOES	MILK AND DAIRY FOODS	MEAT, FISH AND ALTERNATIVES	FOODS CONTAINING FAT AND FOODS CONTAINING SUGAR
<p>Fresh, frozen, canned, juices and dried are included.</p>	<p>Breakfast cereals, pasta, rice, oats, noodles, yam, potatoes, all breads, plantain, green banana.</p>	<p>Includes milk, cheese, yoghurt, fromage frais.</p>	<p>Meat, poultry, fish, eggs, beans and pulses and nuts are all included.</p>	<p>Includes margarine, butter, low-fat spreads, cooking oils, oil-based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, soft/fizzy drinks sweets, jam, honey, syrup and sugar.</p>

WHAT NUTRIENTS?

Vitamins e.g. C and A; minerals and fibre.	Energy, fibre and some calcium (good for your bones and teeth), iron and B vitamins.	Calcium, protein, energy, Vitamins B12, A & D	Iron (helps prevent anaemia), protein, B vitamins, zinc and magnesium.	All are a concentrated source of energy / calories. Some contain fat-soluble vitamins, minerals and salt.
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WHAT AMOUNTS?

<p>Eat at least 5 portions a day</p> <p>(Beans, pulses and fruit juice count towards your total – but only once a day).</p> <p>Snack on these foods.</p>	<p>Eat at every meal.</p> <p>Base meals and snacks on these starchy foods. But be careful not to add, or cook them in, too much fat.</p> <p>Remember breakfast cereals can make good snacks too.</p>	<p>Eat or drink moderate amounts every day.</p> <p>Choose lower-fat versions e.g. cottage cheese, semi-skimmed milk.</p>	<p>Eat moderate amounts.</p> <p>Choose lower-fat versions wherever you can e.g. chicken breast is lower in fat than chicken legs or wings. Remove skin and excess fat from meat and poultry. Avoid frying.</p> <p>Try to have fish at least twice a week.</p>	<p>Use sparingly!</p> <p>Look for low-fat versions – read the food labels. Try artificial sweeteners as an alternative to sugar.</p>
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If you are trying to lose weight, aim to lose no more than one to two pounds (half to one kg) each week.