



How to eat healthier meals

[NHS Better Health]

By filling up on more of the right things and improving your understanding of key food groups, you will be well on your way to eating a more healthy, balanced diet. This blog aims to explore the different food groups that make up a typical meal, whilst suggesting ways to achieve a good balance.



Vegetables

Aim for at least 2 or more portions in a main meal to cover half of your plate.



Protein

Include some protein like meat, beans, fish or eggs to help keep you fuller for longer.



Carbs

Stick to wholegrain and remember carbs like potatoes, rice and pasta should make up no more than a third of your meal.



Fish

Try to have 2 portions per week and make at least 1 portion on oily fish like salmon, mackerel or sardines.



Dairy

Look for lower fat, lower sugar alternatives for foods like milk, yoghurts and cheese.



Oils

Choose olive, sunflower and rapeseed oils, which contain unsaturated fats.



Spreads

Be sensible with spreads, choose lower fat alternatives and only use in small amounts.



Water

Stay hydrated and aim to drink at least 6-8 cups of fluid a day. Water, tea, coffee and soup all count.

For more information about tailored programmes to support a healthier lifestyle, see www.northumberlandhealthtrainers.co.uk