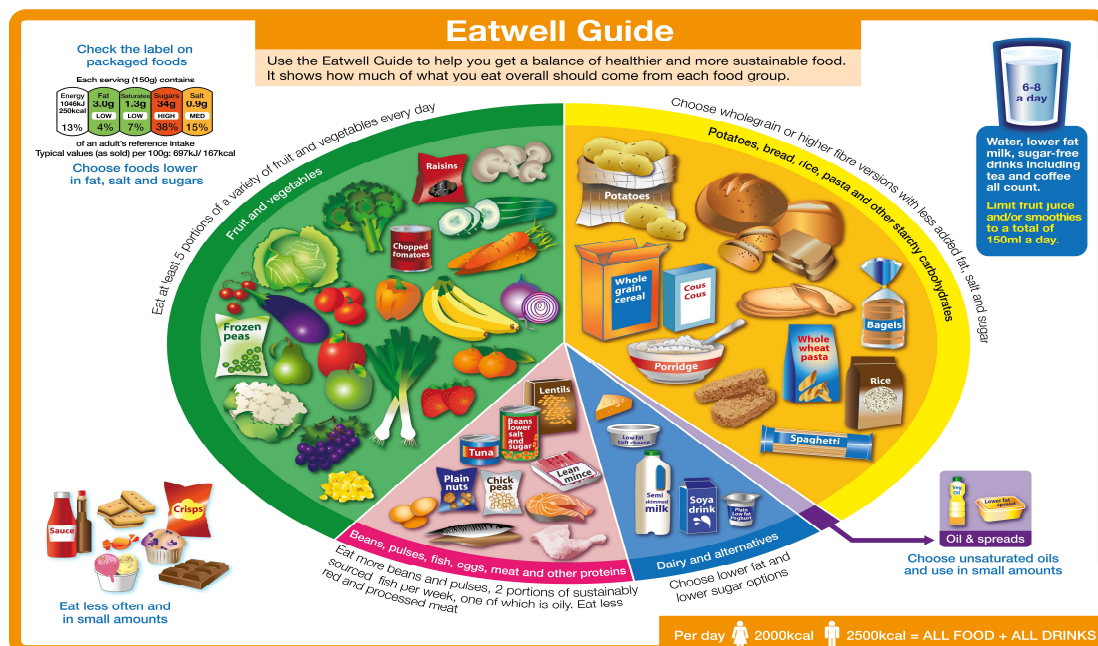


# Easy to Eat Well

An easy to follow guide to supporting sensible weight loss for adults based upon the Eatwell Guide



The Eatwell Guide shows how much of what you eat should come from each food group. This includes everything you eat and drink during the day.

So, try to:

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Have potatoes, bread, rice or pasta at every mealtime. Trying to choose wholegrain where possible.
- Have some dairy or dairy alternatives (such as soy drinks); choosing lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
- Choose unsaturated oils and spreads and eat in small amounts.
- Drink 6 to 8 cups/glasses of fluid a day.

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.



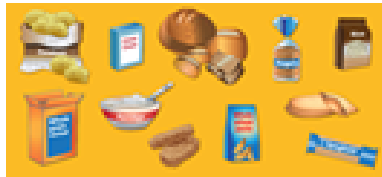
## How to use this guide.

This guide will show you how much of different foods we need to eat to lose weight and stay healthy. Other foods need to be limited to prevent weight gain

Every day we need to eat.



5 or more portions of fruit and vegetables.



3 -4 servings of potato, bread, rice, pasta and other starchy carbohydrates.



2-3 servings of beans, pulses, fish, eggs, meat and other proteins.



3 servings of dairy and alternatives



2 -3 servings of unsaturated oils and spreads.



6-8 drinks a day of water, low-fat milk, sugar free drinks, including tea and coffee all count. Limit fruit juice and smoothies to 150ml a day.




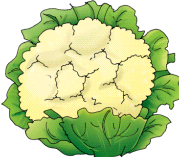



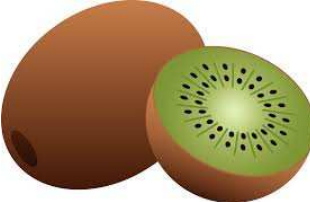


Foods and drinks high in sugar and fat should be eaten less often. Snacks should be limited to 2 -3 a day with each snack no more than 120kcal



## Fruit and vegetables

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

	
<p><b>Fruit Juice</b> 150ml (once a day only)</p>	<p><b>Smoothie</b> 150ml (once a day only)</p>
	
<p><b>Vegetables</b> 3 tablespoons</p>	<p><b>Cauliflower and Broccoli</b> 5 florets</p>
	
<p><b>Whole fruit</b> e.g. apple, banana 1 medium piece of fruit</p>	<p><b>Small fruit</b> e.g. grapes, strawberries 1 handful</p>
	
<p><b>Raisins</b> 1 tablespoon or 1 small box</p>	<p><b>Small fruit</b> e.g. kiwi fruit, plums 2 fruits</p>



## Potatoes, bread, pasta and other starchy carbohydrates

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



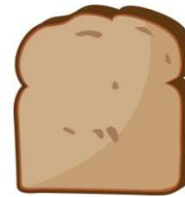
**4** servings a day



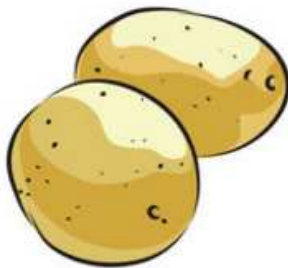
**3** servings a day



**Breakfast cereal**  
40g or 6 tablespoons



**Bread**  
2 slices of bread  
1 bagel  
1 medium bread bun  
1 pitta bread



**Potatoes**  
4 small egg sized  
1 medium jacket potato



**Rice**  
6 tablespoons cooked rice



**Noodles**  
6 tablespoons cooked noodles



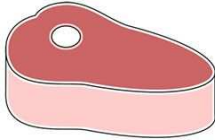
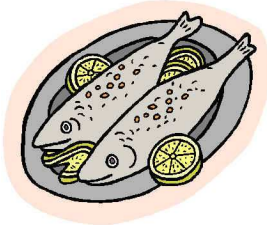
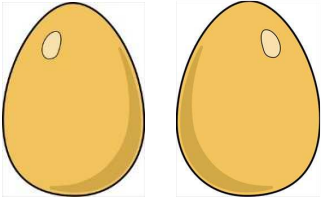



**Pasta**  
6 tablespoons cooked pasta



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

Eat more beans and pulses, 2 portions of fish each week one of which should be oily. Eat less red and processed meat

**2 to 3 servings a day**




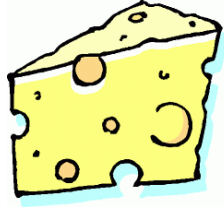


	
<p><b>Meat</b> 90g of cooked meat or chicken About the size of a deck of cards</p>	<p><b>Fish</b> 140g cooked fish About the size of a cheque book</p>
	
<p><b>Eggs</b> 2 Eggs boiled, poached or scrambled</p>	<p><b>Baked Beans and pulses</b> 1 small tin 150g or 5 tablespoons</p>
	
<p><b>Nuts</b> 2 tablespoons</p>	<p><b>Quorn, soya or tofu</b> 120g or size of 2 sausages</p>



## Dairy and alternatives

Choose lower fat and lower sugar options

**3 servings a day**

	
<b>Milk</b> Semi skimmed or 1% 250ml	<b>Non dairy milk alternatives</b> 250ml
	
<b>Cottage Cheese</b> 1 small tub 50g	<b>Cheese</b> 30g or size of box of matches
	
<b>Cream cheese</b> 30g	<b>Diet yogurt</b> 125g



## Oils and Spreads

Choose unsaturated oils and use in small amounts

**2 or 3 servings a day**



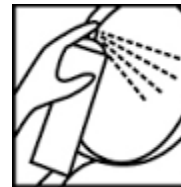
**Olive Oil**  
1 teaspoon



**Rapeseed or vegetable oil**  
1 teaspoon



**Sunflower oil**  
1 teaspoon



**Spray oil**  
2 -3 sprays



**Sunflower spread**  
1 teaspoon



**Olive oil spread**  
1 teaspoon





## Foods high in fat and sugar

Eat less often and in small amounts

**Choose 2 to 3 snacks a day (Up to 120kcal)**

		
<b>Chomp bar</b> 110kcal	<b>Freddo Frog</b> 95kcal	<b>Small milky bar</b> 66kcal
		
<b>3 Rich tea biscuits</b> 93kcal	<b>Kit Kat 2 finger</b> 107kcal	<b>Haribo mini bag</b> 55kcal
		
<b>2 Ginger nuts</b> 88kcal	<b>Rice Krispie Square</b> 119kcal	<b>Special K Bar</b> 90kcal
		
<b>Tunnocks tea cake</b> 106kcal	<b>Cadbury mini roll</b> 115kcal	<b>Lunch box malt loaf</b> 95kcal





		
<b>Wotsits</b> 99kcal	<b>French Fries</b> 96kcal	<b>Quavers</b> 109kcal
		
<b>Space Raiders</b> 110kcal	<b>SkiPs</b> 92kcal	<b>Velvet crunch</b> 85kcal
		
<b>Chocolate mousse</b> 80kcal – 100kcal	<b>Chocolate fix layers</b> 90kcal per pot	<b>Angel Delight</b> No added sugar 93kcal per serving
		
<b>1 Low fat cheese triangle and 1 rice cake</b> 54 kcal	<b>2 dessert spoon low fat humus and vegetable sticks</b> 120kcal	<b>Light soft cheese and bread stick dippers</b> 120kcal per portion



## Drinks







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

**6 -8 drinks a day**

	
<p><b>Water tap or bottled</b></p>	<p><b>Sugar free fizzy drinks</b> Look for Zero, Diet or max</p>
	
<p><b>Tea or coffee</b> Use sweetener in place of sugar</p>	<p><b>Reduced fat milk</b></p>
	
<p><b>Diluted Juice</b> No added sugar</p>	<p><b>Fruit Juice or smoothie</b> 1 a day 150ml</p>







## Daily meal tracker

Fruit and vegetables 5 or more portions	Potatoes, bread, rice and pasta and other starchy carbohydrates 3 to 4 portions	Beans, pulses, fish, eggs, meat and other proteins 2 to 3 servings	Dairy and alternatives 2 to 3 servings	Oils and spreads 2 to 3 servings	Foods high in fat and sugar 2-3 servings up to 120kcal per snack
					

Drinks 6 to 8 glasses a day

Use the chart to keep a track of how many servings you are having every day from the different food groups.  
 E.g. – 2 slices of toast and a teaspoon of low fat spread would be a tick in the yellow column for the bread and a tick in the purple column for the spread.

Day -

<b>Breakfast</b> 	
<b>Lunch</b> 	
<b>Evening meal</b> 	
<b>Snacks</b> 	1.  2.