

Are you having a nutritionally adequate diet?

All foods can be enjoyed as part of a healthy diet. It is important to eat a variety of foods to get the right balance of nutrients. The Eatwell Guide will help you to get a balance of healthier food. It shows how much of what you eat overall should come from each food group. If your diet is unbalanced i.e. you are eating too much of one food group and not enough of another, this could mean that you are not receiving all the nutrients you need for good health.

The amount of food needed will vary between individuals but you should try to eat regularly through the day.



Starchy carbohydrates – Base your meals on starchy carbohydrates

Why do we need them?

Carbohydrates are great sources of energy, help with our brain function as well as providing fibre for bowel health. They also provide us with many valuable vitamins. Carbohydrates often get blamed for weight gain, when in reality they are great for filling you up and if eaten in the right amounts and prepared in ways that avoid adding excess calories, easily fit into a healthy balanced diet as seen in the Eatwell guide.

Daily servings: Six to eight for women and **eight to ten** servings for men

One serving is:

- 1 slice of bread or malt loaf
- 3-4 tablespoons breakfast cereals or porridge oats
- 1 wheat biscuit
- 3 crackers
- ½ of the following : bagel, tortilla, teacake, small naan bread, English muffin or scone
- 1oz (28g) raw pasta, rice or cous cous
- 2 egg size potatoes (5oz/140g)

Fruit and vegetables - 5 A DAY is the minimum we need

Why do we need them?

To provide vitamins and minerals to reduce the risk of cancer and heart disease; fibre to reduce cholesterol levels and potassium to control blood pressure.

Daily servings: Five to nine servings a day. Fresh, frozen, tinned, juiced or dried all count. Potatoes are **NOT** included.

One serving is a handful / 80g of fresh, frozen or tinned or 1 tablespoon / 30g of dried

- An apple, pear, orange or tomato
 - Two plums, satsumas, kiwis or broccoli florets
 - Seven strawberries or cherry tomatoes
 - 10 -12 grapes or cherries
 - ½ pepper or courgette
 - 2-3 tablespoons of cooked vegetables
 - Cereal bowl of side salad
 - 170ml (6 fl oz) fruit juice
- (This can only be counted as one of your 5 a day)**

Dairy foods

Why do we need them?

To provide calcium for bone health, weight management and help with blood pressure control.

Daily servings: Two to three servings a day

- 200ml (1/3 pint) of milk (Also soya or nut milks e.g. almond fortified with calcium)
- Small pot (approx 150g) of yoghurt or fromage frais
- A piece of cheese the size of a small matchbox or your two fingers (30g)

Protein foods

Why do we need them?

They provide the building blocks for muscle, skin, blood and bones. These foods are also a good source of vitamins and minerals such as Vitamin B12 and iron.

Eat more beans and pulses and two portions of fish per week, one of which should be oily. Choose lean meat and cut off any visible fat. Eat less processed meat.

Daily servings: Two servings a day

- 4oz (112g) Raw meat or poultry – about the size of your hand
- 1 burger or 2 sausages
- 6oz (168g) raw fish or shellfish
- Two eggs
- 3 tablespoons of pulses, nuts or beans
- 4oz (112g) Quorn or Soya

Fatty and sugary foods –These are not one of the essential food groups

What are they?

Oil, butter, margarine, cream, pastry (sausage rolls, pasties, croissants, pies), fried chips, batter, crisps, full fat salad dressings, biscuits, cake, sugar, jam, honey, full sugar fizzy drinks, chocolate, sweets.

Why do we need them?

We need only a small amount of these foods for essential vitamins.

Choose small amounts of healthy oils and low fat margarines daily but keep other foods to a minimum.

Daily servings: Two to three servings a day

Each serving provides around 100kcal

- 2 tablespoons oil or margarine (ideally from olive or rapeseed oils)
- 4 teaspoons honey, jam or salad dressings
- 2 plain biscuits, 1 chocolate biscuit,
- Single cake slice (½ deck of cards)
- 3 squares of chocolate or treat size chocolate bar
- ¼ pasty
- 1 packet of low fat crisps or ½ to ¾ bag of high fat crisps
- Can of fizzy drink

Fluid Our body is predominantly water so we need a minimum of **six to eight glasses** for our body to function properly. This can include water, sugar free squash, tea and coffee.

Dietary Assessment

Over a day, try recording what you have eaten in the relevant sections of the diagram. Add up your daily intake, compare it to the healthy eating goal. If you are not reaching the recommendation, set a temporary goal you feel you could achieve and gradually work towards achieving the healthy eating goal.

Fruit & Vegetables

Healthy eating goal = 5 - 9

Servings in my diet =

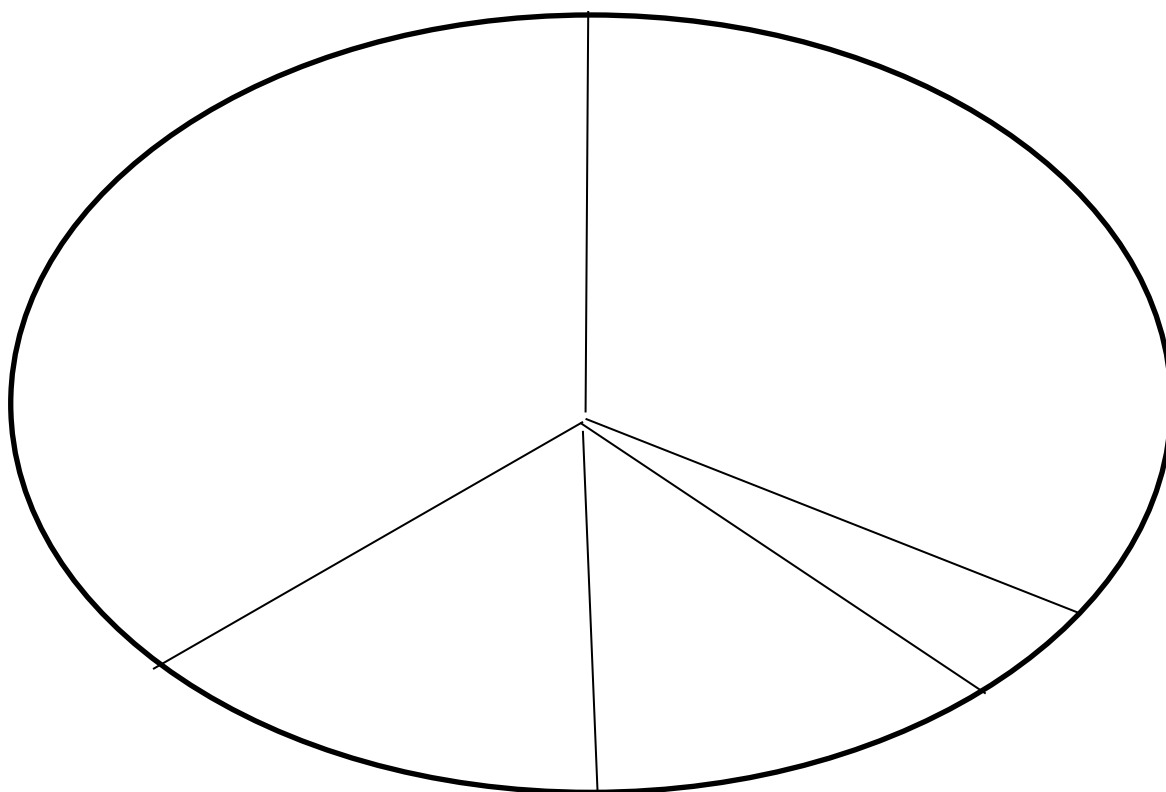
My goal =

Starchy foods

Healthy eating goal = 6 - 10

Servings in my diet =

My goal =



My goal =

My goal =

My goal =

Fluid

Healthy eating goal = 6 - 8

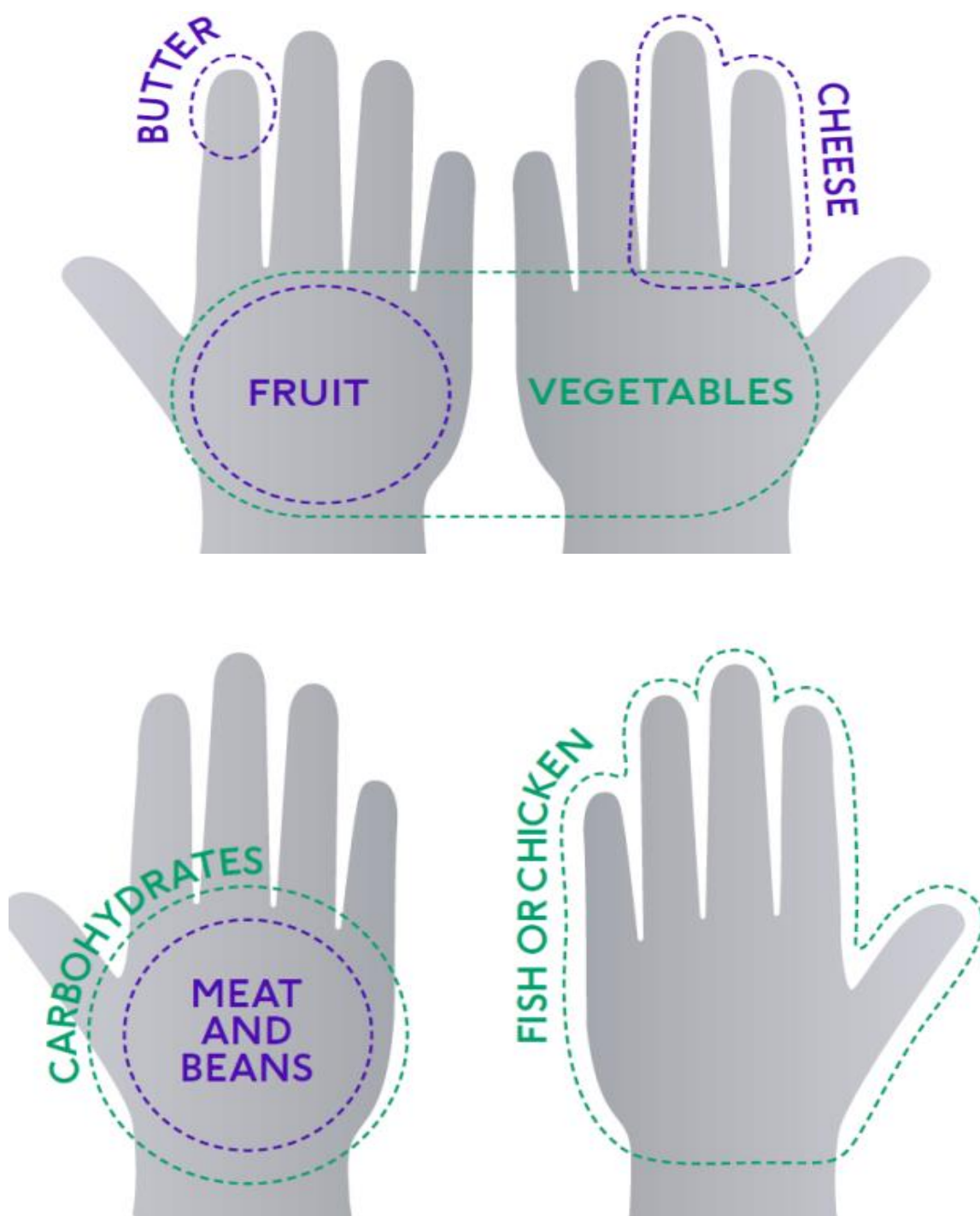
Servings in my diet =

My goal =

No one food group contains all the nutrients we need. You need to eat a good variety of foods in the correct proportions to make sure your intake is nutritionally adequate.

Portion Guides

Portion size is the amount of food you choose to eat and a serving size is a standardised amount of food to quantify recommended amounts. The portion size may be more or less than a serving. Even healthy foods contain calories which is why it is important to use the right portion sizes. Eating the right portion sizes also helps you to eat a nutritionally balanced diet and get the varied nutrients you need to be fit and healthy. **Use the portion guides below from the British Heart Foundation to help you make sure that your portion size is the same as the serving size.**



Essential fatty acids

We only need a small amount of these each day.

Why do we need Omega 3? Omega 3 fatty acids from oily fish (pilchards, herring, mackerel, salmon, fresh tuna), flaxseed, sunflower seeds and walnuts help protect the heart and blood vessels. They are essential for brain function and reduce inflammation which improves the immune system.

Why do we need Omega 6? Omega 6 fatty acids from sunflower oil, sesame and sunflower seeds and walnuts help reduce pain and inflammation.

Calcium

Why do we need it? For healthy bones and teeth, as well as weight management.

Sources – In addition to dairy sources, tinned fish with small bones e.g. sardines and pilchards, baked beans, kidney beans, broccoli, sesame seeds, oranges, dried figs and apricots.

Iron

Why do we need it? For healthy blood, energy and the immune system.

Sources - Red meats and offal such as liver and kidneys are easily absorbed sources. Vegetarian sources such as pulses, iron fortified breakfast cereals, bread, dried fruit, nuts and dark green leafy vegetables contain less easily absorbed iron. Foods containing vitamin C enhance iron absorption whilst tea contains tannins and decreases absorption.

Vitamin A

Why do we need it? For healthy skin and vision in dim light.

Sources - Eggs, fortified margarines, green leafy vegetables, carrots, liver and kidney.

B vitamins

Why do we need them? It takes part in the processes involved in the release of energy from food and protects the nervous system.

Sources - Wholegrain bread and cereals, fortified breakfast cereals and yeast extracts.

Vitamin B12

Why do we need it? For healthy blood and healthy nerve tissue.

Sources - This vitamin is found naturally only in animal foods. Vegans who eat no animal foods must eat foods that have been fortified (e.g. yeast extracts and breakfast cereals).

Folic acid

Why do we need it? For healthy nerve tissue, healthy blood, growth and repair.



Sources - Green leafy vegetables, yeast extract, oranges and fortified breakfast cereals.

Vitamin C

Why do we need it? For healthy skin and connective tissue, helps fight infection and aids wound healing.

Sources - Citrus fruits, strawberries, tomatoes, potatoes and green leafy vegetables.

Vitamin D

Why do we need it? It is mainly needed to aid calcium absorption for healthy teeth and bones. However evidence is starting to link the benefits with an improved immune system and potential reduced risk of some cancers, whilst a deficiency is being linked with chronic conditions (e.g. Multiple Sclerosis).

Sources - The main source is the action of sunlight in the summer months (April – September). Expose skin (arms, hands, face or legs) for 20 minutes before applying sunscreen. Dietary sources include fortified margarine and breakfast cereals, eggs, cheese and oily fish such as mackerel, pilchards and sardines.

Since it is difficult to get enough vitamin D from food alone, everyone should consider taking a daily supplement of 10mcg/ day during the autumn and winter months.

Ideas for Healthy Meals or Snacks

Breakfast

- Wholemeal toast, scrape of margarine, small glass of fruit juice.
- Bowl of cereal with reduced fat milk and sliced banana.
- Porridge made with reduced fat milk and a handful of berries.
- Bagel or crackers with low fat cheese spread and a piece of fruit.
- Hot choices can be healthy too e.g. beans on toast or poached egg, grilled tomatoes and mushrooms and toast.

Snack meals

- Sandwich with filling: egg and cress, tuna and cucumber, chicken and salad, cheese and celery, peanut butter and banana or ham and tomato. Try rolls or pitta bread for variety.
- Toast with baked beans, scrambled egg, sardines, mushrooms, avocado or cheese with a small salad.
- Jacket potato with chilli con carne, baked beans or tuna, served with salad.

Main Meals

- Pasta with meat and tomato sauce. Add vegetables to the sauce or serve with salad.
- Lean roasted meat, mashed potato, vegetables and low fat gravy.
- Chicken or vegetable curry served with boiled rice, diced tomato and cucumber.
- Baked or grilled fish, boiled potato, peas and sweetcorn. Choose oily fish such as mackerel or salmon once a week.

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- Thin based pizza with a meat and vegetable topping and salad.
 - Noodles with chicken or fish and a selection of vegetables.

Desserts (optional)

- Fresh fruit, tinned fruit in natural juice, yoghurt, fromage frais, sugar free jelly or milk pudding.

If hungry in between meals, choose fruit, cereals, bread, toast, crumpets or crackers

Some useful healthy lifestyle web links:

NHS Eat Well <https://www.nhs.uk/live-well/eat-well/>

British Heart Foundation - Healthy Eating

<https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>

Let's Get Cooking -Healthy recipes ideas

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829884/3-physical-activity-for-adults-and-older-adults.pdf

Drinkaware –Alcohol unit and calorie calculator

<https://www.drinkaware.co.uk/understand-your-drinking/unit-calculator>

British Dietetic Association – Healthy Breakfast/ Packed Lunches/Healthy snacks

<https://www.bda.uk.com/resource/>

World Cancer Research Fund

<https://wcrf-uk.org/wp-content/uploads/2023/10/A3-Poster-5-a-day-2023-web.pdf>

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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.psct@nhs.net or telephone 01225 825656.

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