

Healthy eating Part one

How can healthy eating help your heart?

Eating healthily, as part of a healthy lifestyle, helps to reduce your risk of getting coronary heart disease. It will help you to control your weight, your body shape, your blood pressure, your blood sugar and your cholesterol.

What is the eatwell plate?

The eatwell plate shows the types and proportions of different foods people need for a healthy and well-balanced diet.

The eatwell plate is made up of five main food groups:

- 1. Bread, rice, potatoes, pasta and other starchy foods.**
- 2. Dairy foods.**
- 3. Meat, fish, eggs, beans and other non-dairy sources of protein.**
- 4. Fruit and vegetables.**
- 5. Foods and drinks high in fat and/or sugar.**

These food groups are divided up to show you how much of what you eat each day should come from each group.

Choose a variety of foods from the first four groups every day, to help ensure you get the wide range of nutrients your body needs to remain healthy and function properly. Foods in the fifth group – foods and drinks high in fat and/or sugar - are not essential to a healthy diet.

Are there any practical tips to help you maintain a healthy diet?

- **Eat regular meals** – three per day and snack on healthy foods (eg, fruit and vegetables) if you're hungry between meals. Remember to have regular drinks. Water is the best choice, but fruit juice, milk, sugar-free drinks, tea and coffee all count.
- **Eat plenty of fruit, vegetables, and starchy foods like bread, rice, potatoes and pasta.** Aim to eat at least five portions of a variety of fruit and vegetables a day.
- **Choose healthier fats.** Cut down on saturated fats and foods containing trans fats, and reduce the total amount of fat you eat. For example, cut down on fatty meats, full-fat dairy products, pastries, crisps and biscuits.
- **Eat two portions of fish a week, one of which should be oily fish.** (If you've had a heart attack, aim to eat two-to-three portions of oily fish a week.)
- **Reduce the amount of salt you eat.** Cut down on processed foods that contain lots of salt. Don't add salt at table. And cook without adding any salt.