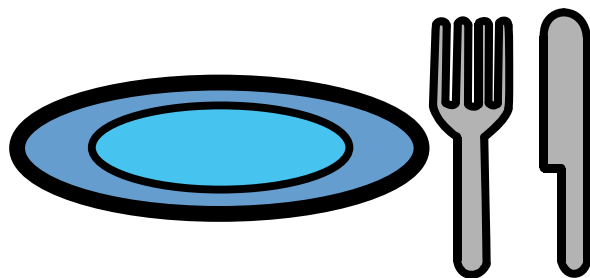




# Hello



Carolyn Penn  
Dietitian



# Eat Right –how to eat a healthy diet

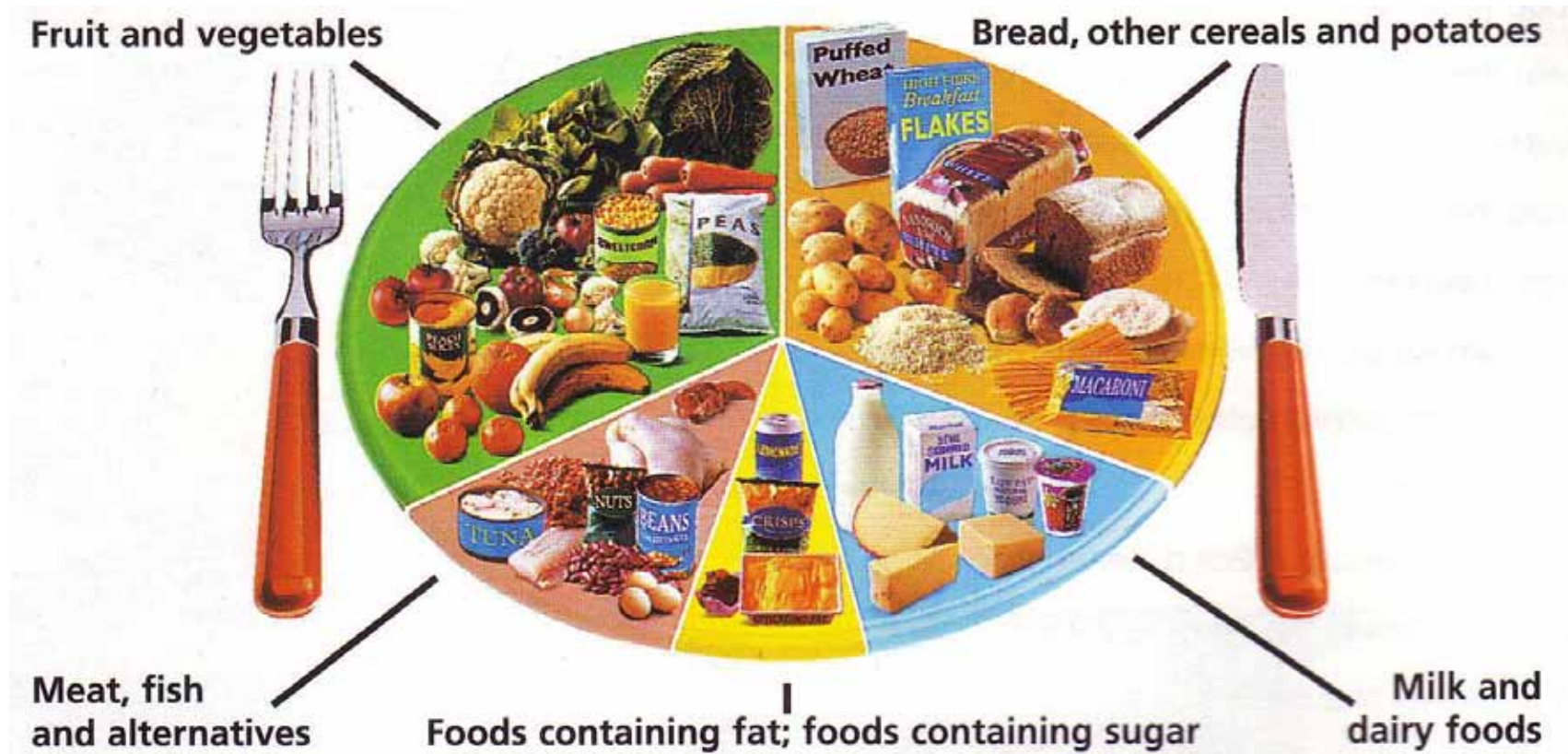


- Enjoy your food



- Have regular meals and breakfast every day

# Eat a variety of foods for a balanced diet



# Fruit and vegetables



- 5 portions a day
- 1/3 food eaten
- What is a portion?





# Oily fish



- Have oily fish every week
- Good for your heart

# Milk and dairy foods



- 2-3 servings every day
- Help to keep bones healthy
- Choose low fat types

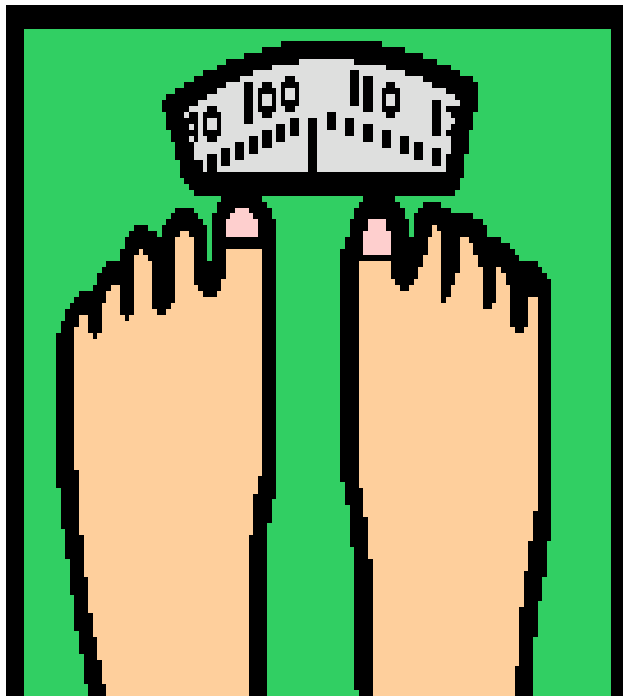


# Foods high in sugar / fat



- Cut down on fried and fatty foods
- Cut down on sugar, sugary food and drink
- **Small** amounts

# Weight Watching



- Eat the right amount to be a healthy weight

# Drinks



- Have plenty of drinks



- Take care with alcohol

# Salt



- Cut down on salt and foods high in salt
- Eat more fresh foods

# Food labels



Red means HIGH.

Amber means  
MEDIUM.

Green means LOW.

- Check food labels
- Choose foods with more green