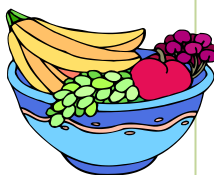


Eating healthily doesn't have to be complicated or boring! In fact it's about making sure you have plenty of variety, so you get all the nutrients you need and maintain a healthy weight.

**Eating well is a positive choice to make.** Even though many people think that they are eating a healthy diet, most people in the UK don't eat enough fruit and vegetables and fibre, and eat too much sugar, salt and fat, especially saturated fat.

Of course it is important to enjoy your food and to remember that variety is the spice of life. Eating a wide variety of foods will help to ensure you get all of the nutrition that you need.

It is never too late to start eating healthily.



### Fruit and vegetables

We should all aim to eat at least 5 portions of a variety of fruit and vegetables every day. A portion is for example

- one apple, orange or banana
- one heaped tablespoon of dried fruit
- a cupful of grapes, cherries or berries
- a dessert bowl of mixed salad
- three heaped tablespoons of vegetables
- a glass of fruit or vegetable juice (only counts as one however much you drink)

Fruit and vegetables that are in season are often cheaper- so buying fresh needn't be expensive



### Salt

We all need a small amount of salt in our diet but, most people have too much.

**On average you should eat no more than 6g (a teaspoonful) a day.**

About 75% of the salt we need is already in foods. It is important to read the labels.

When cooking try flavouring your food with herbs, spices or pepper instead.

### Fats

Fat is a good source of energy, but eating too much fat can make us more likely to put on weight. Food high in saturated fats can also cause many health problems. These should be eaten in moderation and include

- processed meats such as meat pies, sausages, etc.
- butter, ghee, suet and lard
- cream and hard cheese
- pastry, cakes and biscuits.



Instead choose foods high in unsaturated fats such as avocados, nuts (unsalted) and seeds, oily fish like sardines, pilchards, mackerel, salmon and trout.



Plan your meals a few days ahead and stick to a shopping list so you buy only the items you need.

Cheaper supermarkets' own brands are a good bet, and remember that frozen and tinned fruit and vegetables all count towards your 5 a day.

For fresh fruit and vegetables, it's often better value to shop at a local market rather than a supermarket, especially if you are buying fruit and vegetables that are in season.



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