

NUTRITION and WEIGHT MANAGEMENT

WHAT IS A 'BALANCED' DIET?



A Balanced diet consists of the 5 main food groups in the right proportions. This should contain all the macronutrients, nutrients, vitamins and minerals our bodies need to function well. Making sure our plate or weekly eating pattern follows all these groups in the right proportions is a simple way to ensure we nourish our bodies to keep healthy, maintain weight or lose weight.

1. Fruit and Vegetables –33% (Carbohydrates)
2. Bread, rice, pasta, potatoes - 33% (starchy Carbohydrates)
3. Dairy – 15% (protein and Fat)
4. Meat, fish eggs, beans, nuts, seeds - 12% (Protein and Fat)
5. Foods high in fat and sugar (processed foods mainly)

Simple! But millions of people get this wrong and are unhealthy, overweight, ill and unhappy. Yes the theory is Simple but the reality for many people is **FAR FROM EASY!**

The eatwell plate

Use the eatwell plate to help you get the balance right: It shows how much of what you eat should come from each food group.

