

# On-Call

Health Literacy

Nutrition: Food Groups

Slides 1-5

Food group	What's included:	Important for:	How much to choose:
Bread, rice, potatoes, pastas and other starchy foods	<ul style="list-style-type: none"> <li>• All bread, e.g. white, wholemeal, wheaten, soda bread</li> <li>• Potatoes</li> <li>• Rice, pasta, noodles, couscous</li> <li>• Breakfast cereals, porridge oats</li> <li>• Other grains, such as barley, buckwheat, millet</li> </ul>	<ul style="list-style-type: none"> <li>• Energy</li> <li>• B vitamins</li> <li>• Fibre</li> <li>• Some calcium</li> <li>• Some breakfast cereals are fortified with iron</li> </ul>	<ul style="list-style-type: none"> <li>• Eat lots: foods from this group should form the largest part of any meal.</li> <li>• At least one food from this group should be served at each meal.</li> <li>• The number of portions of foods eaten from this group will vary according to age, physical activity and appetite, for example: teenagers and those involved in very physical work will need to eat more than less active people.</li> <li>• Foods from this group also make healthy snacks e.g. toast, breakfast cereal.</li> </ul>

Food group	What's included:	Important for:	How much to choose:
Fruit and vegetables	<p>All fruit and vegetables including fresh, frozen, canned, dried, juiced and smoothies.</p> <ul style="list-style-type: none"> <li>This excludes potatoes (potatoes are a starchy food, so are grouped with bread, rice, potatoes, pastas and other starchy foods).</li> <li>Peas, beans and sweet corn are also included in this food groups, if they are eaten as vegetable rather than as an alternative to meat.</li> </ul> <p>Products like tomato ketchup, fruit yoghurt and jam are not included because they contain very little fruit or vegetable.</p>	<ul style="list-style-type: none"> <li>Vitamins e.g. Vitamin C, carotenes (a form of vitamin A) and other antioxidants, folates</li> <li>Minerals e.g. potassium</li> <li>Fibre- especially soluble fibre</li> </ul>	<ul style="list-style-type: none"> <li>Eat five or more servings per day</li> <li>This target can be achieved by adding extra fruit and vegetables added to stew or soup, extra fruit added to cereal.</li> </ul> <p>One serving is:</p> <ul style="list-style-type: none"> <li>1 slice of large fruit, e.g. melon or pineapple</li> <li>1 medium sized fruit, e.g. a pear, banana or apple</li> <li>2 small fruits, e.g. kiwi fruits, mandarins or plums</li> <li>3 heaped tablespoons of fruit salad or tinned fruit</li> <li>1 cupful of very small fruit, e.g. grapes or berries</li> <li>1 glass of fruit juice (150ml) fruit juice count as one portion of fruit regardless of how much is drunk</li> <li>1 heaped teaspoon of dried fruit. Dried fruit is high in sugar and should be eaten at meal times.</li> <li>3 heaped tablespoons of cooked vegetables</li> <li>1 dessert bowl of salad</li> </ul>

Food group	What's included:	Important for:	How much to choose:
Milk and dairy foods	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Cheese</li> <li>• Yoghurt</li> <li>• Fromage frais</li> <li>• Buttermilk</li> </ul> <p>This group does not include butter, eggs and cream</p>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Protein</li> <li>• Riboflavin A and D - standard products only (not low fat products)</li> </ul>	<ul style="list-style-type: none"> <li>• Eat some of these foods each day. Examples include a glass of milk, a carton of yoghurt, a bowl of milk pudding, a mug of milky drink, a small piece of cheese.</li> <li>• Keep your food from this food group in proportion with the Eatwell Guide.</li> </ul>

Food group	What's included:	Important for:	How much to choose:
Meat, fish, eggs, beans and other non-dairy sources of protein	<ul style="list-style-type: none"> <li>• Meat</li> <li>• Poultry</li> <li>• Fish</li> <li>• Eggs</li> <li>• Pulses, e.g. peas, beans, lentils</li> <li>• Nuts</li> <li>• Soya/tofu</li> <li>• TVP</li> <li>• Quorn</li> </ul> <p>Meat includes beef, pork, lamb and products made from them</p> <p>Poultry includes chicken, duck and turkey</p> <p>Fish includes fresh, frozen and canned fish (e.g. sardines and tuna) and fish products</p>	<ul style="list-style-type: none"> <li>• Protein</li> <li>• Iron</li> <li>• B vitamins, especially vitamin B12</li> <li>• Zinc, magnesium</li> <li>• Omega 3 fatty acids</li> </ul>	<ul style="list-style-type: none"> <li>• Eat some of these each day.</li> <li>• Keep your food from this food group in proportion with the eatwell guide.</li> </ul>

Food group	What's included:	Important for:	How much to choose:
Foods and drinks high in fat and/or sugar	<ul style="list-style-type: none"> <li>• Cooking oil, butter, margarine, low fat spread, other spreading fats</li> <li>• Mayonnaise, reduced fat mayonnaise, salad cream and oily salad dressing</li> <li>• Creamy sauces, fatty gravies</li> <li>• Cream</li> <li>• Chocolate, sweets, sugar</li> <li>• Crisps</li> <li>• Biscuits, cake, pastries</li> <li>• Puddings, jelly, ice cream</li> <li>• Sugar, jam, honey</li> <li>• Sugary fizzy drinks and squashes</li> </ul>	<ul style="list-style-type: none"> <li>• Energy (calories)</li> <li>• Vitamins A, D and E</li> <li>• Essential fatty acids</li> </ul>	<ul style="list-style-type: none"> <li>• Only a small amount of foods and drinks high in fat and/or sugar should be taken.</li> <li>• Although high in fat foods provide energy and some essential vitamins, they are also high in calories and can contribute to weight gain and heart disease.</li> <li>• All cooking fats, oils and spreading fats should be used sparingly.</li> <li>• Foods such as chocolate, crisps, cakes, rich sauces etc. should be included in small amounts only.</li> <li>• Foods and drinks that are high in sugar can lead to tooth decay especially if they are taken between meals. Limit these to meal times.</li> <li>• Avoid adding fat when cooking and drain fat off foods during cooking.</li> </ul>

# The main dietary messages of the new Eatwell Guide

- ▶ Eat at least 5 portions of a variety of fruit and vegetables every day.
- ▶ Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
- ▶ Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.
- ▶ Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
- ▶ Choose unsaturated oils and spreads and eat in small amounts.
- ▶ Drink 6-8 cups/glasses of fluid a day.
- ▶ If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.



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