

Variety is the spice of life

Each slice of the "eatwell plate" shows the proportion of each of the five food groups you should have in your diet. You should try to eat as varied a diet as possible to ensure you meet all your nutritional needs.

Fruit and vegetables

Facts & Benefits

- We should aim to eat at least '5 a day'

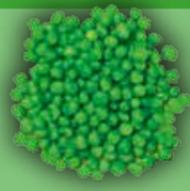
What is a portion?



1 handful of grapes



1 medium banana



3 heaped tablespoons of peas



150ml of fresh juice



2 broccoli florets



3 dried apricots

- Fresh, frozen, tinned, and dried fruits and vegetables all count. When buying tins, choose vegetables in unsalted water and fruit in water or juice

HILS fact:

- Each of our main meals contains at least one portion of vegetables

Meat, fish, eggs, beans and other non-dairy sources of protein

Facts & Benefits

- All of these foods are a great source of protein which is really important in helping us recover from illness and injury
- We should include at least two portions of fish each week, with one of these being oily fish as it contains omega 3 fats which are good for protecting our hearts
- Whilst pulses (beans, lentils, and peas) provide all the benefits of this group, they also count as 1 of your 5 a day

HILS fact:

- A main meal and dessert provides at least 18g protein (12g for vegetarian options) in line with strict nutritional standards



Foods high in fat and / or sugar

Facts & Benefits

- Generally, when we are fit and well, we only need a small amount of these foods in our diets
- Choosing unsaturated fats can help maintain healthy cholesterol levels. These are found in vegetable-based fats, such as olive, rapeseed, and sunflower oil, avocado, nuts and seeds
- These foods can be really useful if you are underweight or have a small appetite because just a small amount provides lots of energy

HILS fact:

- We offer higher energy meal and dessert options, and soups, to ensure we meet the needs of clients who need more calories



Bread, rice, potatoes, pasta and other starchy foods

Facts & Benefits

- Meals should be based on starchy carbohydrate foods, known as 'carbs'
- Starchy carbs are our main source of energy and also provide us with calcium, iron, and B vitamins
- Starchy carbs are only fattening if you add fat to them, for example by cooking in oil or adding mayonnaise

HILS fact:

- All our main meals are based on starchy carbohydrate foods to ensure the correct balance of nutrients



Milk and dairy

Facts & Benefits

- We should aim to have 2-3 portions every day
- These foods are a great source of protein and calcium
- Milk and dairy products are essential in keeping our bones strong and helping us stay well

HILS fact:

- Our clients have milky dessert or snack options in breakfast, lunch and tea meals

What is a portion?



One cheese portion = 30g or the size of a small matchbox