

Healthy eating tips for a healthier life



Why should you eat healthy food?



It is good for your heart



It makes your bones and muscles strong



It helps you be a healthy weight



It helps your teeth look good

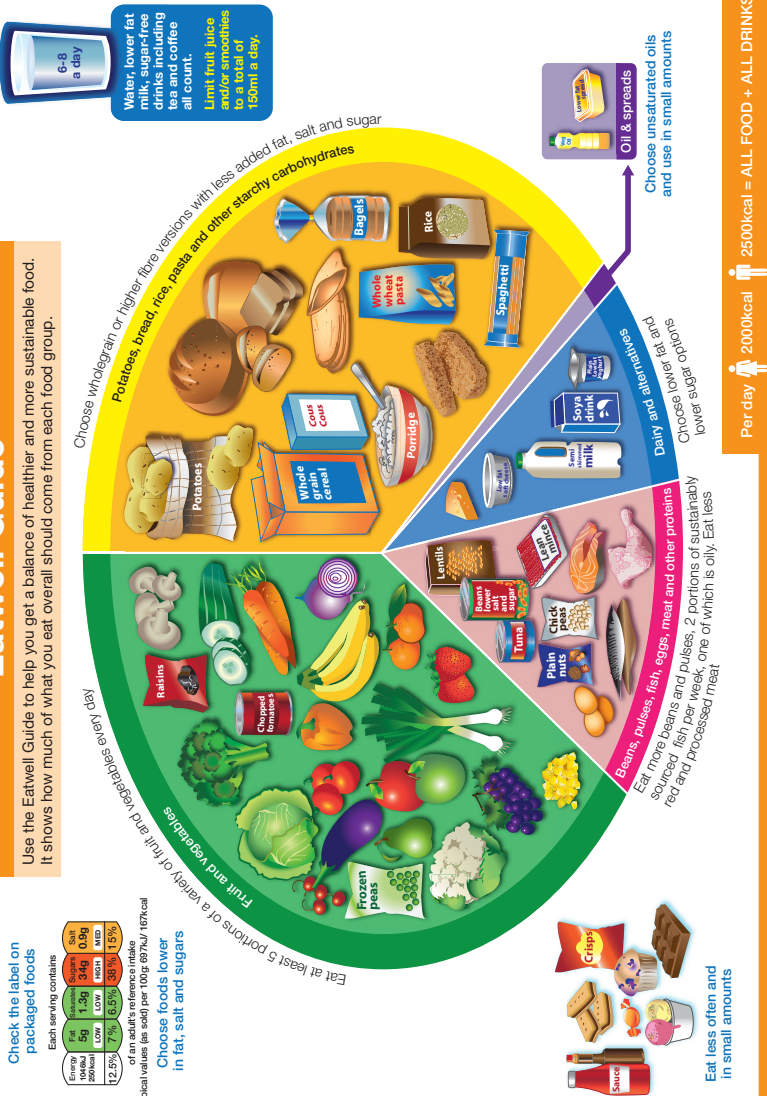


It helps your mood

Eating healthy means having a range of foods every day. This is shown in the Eatwell guide.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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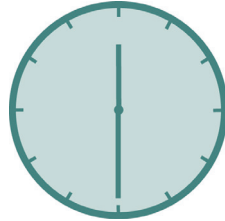
What should I eat today?

Try to eat 3 meals every day:

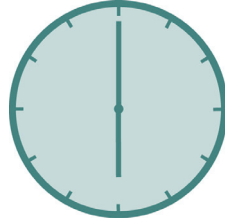
Morning – Breakfast



Afternoon – Light meal or lunch



Evening – Dinner or light meal



Why should I eat 3 meals every day?

To give us enough energy.

To get all the vitamins we need.

To help us be a healthy weight.

What should I eat for breakfast?

Having breakfast gives you the energy you need to start the day.

You could have:

Cereal

Toast

Egg, cheese or tomatoes and bread

Yogurt with oats and fruit

Don't forget a drink



Is a biscuit or drink enough?

No! this won't give you all the energy you need.

What should I eat for a light meal and dinner?

You should eat:

Some

Bread, rice, pasta, couscous, bulgar wheat, freekeh or potatoes.

(Brown or 'high fibre' is best!)



And lots of

Fruits and vegetables.



And some

Lentils, beans, pulses, fish, homous, eggs, nuts, seeds, falafel, tofu, meat or chicken.



You could also have some

Dairy or soya foods like milk, yogurt, ayran or cheese.



And don't forget

A drink!



What snacks could I have?

If you are hungry between meals, you could have a healthy snack



Fruit or vegetables



Plain yogurt and fruit



A small handful of plain nuts or seeds



A small spoon of dried fruits



Plain popcorn



2-3 plain crackers and cheese



A piece of plain bread with cheese or vegetables

What should I drink?

You should have 6 cups or glasses every day.

1 cup or glass is 200mls



If you do not drink enough you might:

Feel thirsty

Feel tired

Have a sore head



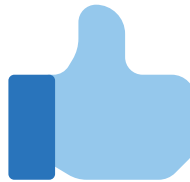
What drinks could I have?

Water (this is the best choice!)

Milk or ayran

Tea or coffee

Herbal tea



What drinks should I have less of?

Drinks with sugar added

Hibiscus juice

Tamarind juice

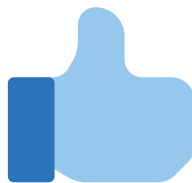
Fizzy drinks



Do not add sugar to drinks!



What foods should I eat more of?



Fruits and vegetables—have 5 every day!



High fibre foods—brown rice, pasta, breads, bulgar wheat, freekeh, oats or couscous.



Dairy foods—milk, cheese, yogurt, ayran
Or soya milk or yogurt with added calcium.



Fish



What foods should I eat less of?



Sweets and chocolates.



Sweet buns, cakes and puddings like Baklava, basboosa, kunafeh.



Fried foods – do not cook foods in a lot of oil, butter or ghee. Try to grill, oven bake, boil or use only a little oil.



Salt – try not to add salt to food. Use herbs, spices, garlic or pepper to flavour food instead.



Crisps and salted nuts.



Use this table to help you plan your meals for a week

Day	Breakfast	Light meal/ Dinner	Dinner/ Light meal	Drinks	Snacks
Example	Egg, tomato and bread	Soup with lentils and flat bread	Mandi with salad	Water, Tea	Apple, Nuts and seeds
Monday					
Tuesday					
Wednesday					
Friday					
Saturday					
Sunday					

Do you want to find out more?

You could look up these websites



Thank you

Thank you to the Arabic Groups in Belfast who helped to guide the content in this leaflet.:

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This leaflet was made by the Health Literacy Project along with ...

