

10 TIPS TO MAINTAIN A BALANCED DIET



FOOD IS FUEL



A balanced diet gives your body nutrients, which act as fuel for your body. They keep your heart beating, your brain active, and your muscles working. They also help to build and strengthen bones, muscles, and other body tissues.

Cook meals from scratch. This means you know exactly what you are eating.



Looking for inspiration?
Try:
Recipe books
BBC Good Food
Social Media



HAVE A WHOLESOME BREAKFAST

Often referred to as 'the most important meal of the day'. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

CARBOHYDRATES ARE ESSENTIAL



Our main source of energy and should make up 55-60% of our diet.

Simple carbohydrates - release energy quickly (sweets, soft drinks, white bread & pasta)

Complex carbohydrates - release energy slowly (whole grains, potatoes, brown bread & pasta)



OUR MUSCLES NEED PROTEIN

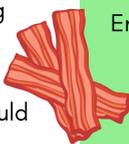
Required for our muscles to **grow and repair** and should make up 15-20% of our diet.

This equates to approximately 46 grams a day for an average woman (or 7 eggs!)



Don't be scared of eating fats!

It helps the body absorb important vitamins and should be 25-30% of our diet



Ensure your diet contains vital vitamins and minerals



Stay hydrated. Aim to drink 6-8 glasses of water a day



Vitamins and minerals are essential for many body processes and are only required in small amounts. They are vital to our diet as they help bone growth/strength, increase red blood cells, improve vision and maintain our immune and nervous systems



Vitamin D



Iron



Calcium



Vitamin A

EVERYTHING IN MODERATION

Unhealthy food has a place in a balanced diet as long as it is in moderation. Removing these foods from our diet is often not maintainable in the long run



THE WELLBEING HUB

