

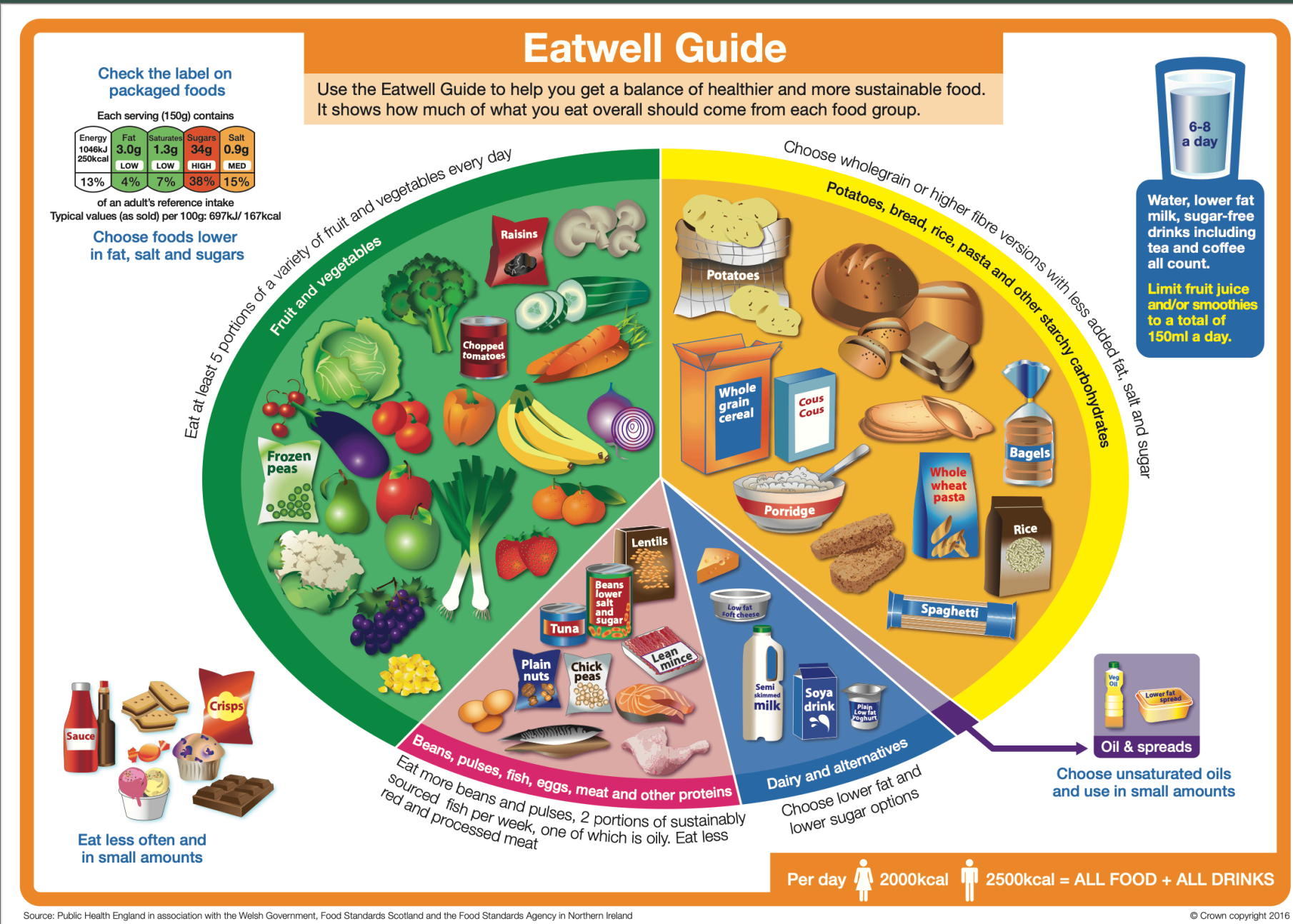
# WHAT IS A HEALTHY DIET?

## JB PAL - POWER ABILITY LEARN

MADE WITH INFORMATION FROM THE NHS, GOV.UK, NHS INFORM AND LEVEL 3 DIPLOMA IN PERSONAL TRAINING

### THIS GUIDE SHOWS HOW MUCH OF OUR DIET SHOULD BE MADE UP FROM DIFFERENT FOODS

- minimum 5 portions of food and vegetables
- meals should be based on starchy carbohydrates
- protein should make up a smaller amount but is important (oily fish 2x a week)
- some dairy or dairy alternatives should be consumed
- choosing unsaturated fats which are healthier but still have in small amounts
- food high in fat, salt and sugar should be eaten in small amounts
- drinking between 6-8 cups of water is very important



### PROTEIN

Protein is essential for growth and repair, digestion and energy. 15-20% of energy comes from protein, 0.8-2.2g per kg depending on activity levels and age.  
Animal proteins - meat, fish, milk, eggs,  
Plant-based proteins - beans, lentils, nuts, seed, soy foods.  
Needs to be an essential part of every meal consumed.

### CARBOHYDRATES

Carbohydrates are essential to provide energy and nutrients. They are converted into energy and can be stored for later use. 50-60% of energy comes from carbs, 3g-7g per kg depending on activity levels.  
Simple carbohydrates = sugar, honey, jam, milk, fruit.  
Complex carbohydrates = bread, cereals, rice, pasta, potatoes.  
Wholemeal alternatives are often better for levels of fibre, vitamins and minerals.

### FATS

Fats are used for energy, transportation of matter in the body and formation of cell membranes. It can be saturated, unsaturated, mono or poly unsaturated.  
It is better to have more unsaturated fat than saturated and oily fish is recommended twice a week.

### VITAMINS AND MINERALS

Vitamins and minerals are important for good health and physical performance. Minerals and vitamins are found in different foods and required in different levels. Some essential are; vitamins A, B1, C, D and calcium, iron and potassium.

### BUILDING YOUR PLATE

- 1/2 your plate = vegetables/fruits
- 1/4 your plate = whole grains
- 1/4 your plate = protein
- +small amount of oils
- +liquid of some form.

