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eat some beans, pulses, fish, eggs, meat and other protein. choose unsaturated oils and spreads, and eat them in small amounts. drink plenty of fluids (at least 6 to 8 glasses a day) If you're having foods and drinks that are high in fat, salt and

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sugar, have these less often and in small amounts.

Eat well - NHS

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Starchy food should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes. There are also higher fibre versions of white bread

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and pasta. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

The Eatwell Guide - NHS - The NHS website - NHS
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Healthy Living - British Nutrition Foundation

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Healthy Eating — A Detailed Guide for Beginners

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

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8 tips for healthy eating - NHS

If you are a member of the public, you can find information here about why good nutrition and lifestyle choices are important for your health and wellbeing across all ages.

Nutrition Science The science of nutrition and its importance to health for health professionals, academics, food industry and media.

Basics of nutrition - British Nutrition Foundation

Engage your classroom with health lesson plans, activities, and nutrition worksheets that inspire and inform your students. Teach them about illness, exercise, and balanced diets so they have the knowledge to make healthy choices.

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4.13K subscribers Starchy foods are an important source of nutrients in our diet. Although it's often suggested that starchy foods are... Approximately one third of our total daily food intake should be from these foods. Try to include them at every meal by basing your meals on starchy foods such as ...

Potatoes, bread, rice, pasta and other starchy ...
Fruits and vegetables – 5-a-day; A variety of starchy carbohydrates at every meal – preferably wholegrains which fill you up for longer, e.g. breads, cereals, potatoes, pasta, noodles, rice and couscous; Low fat dairy products 2-3

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times a day to meet your calcium needs;

Your guide to third trimester nutrition - Diet in Pregnancy
A healthy, balanced plant-based diet would typically include wholegrains, fruits and vegetables, nuts, legumes and unsaturated oils, whereas less healthy plant-based diets may include more sugars – sweetened beverages, refined grains, fried potato crisps or chips and sweets.

Plant-based diets - British Nutrition Foundation - Page #1
Healthy Living; Healthy diet recommendations; A healthy, balanced diet; A healthy, balanced diet . Print Email Page 3 of 5. Are most of us eating a healthy diet? As well as the Eatwell Guide, we have recommendations for specific foods and

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nutrients. We know from national surveys that we are generally not meeting these recommendations.

A healthy, balanced diet - British Nutrition Foundation ...

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