

**Try  
something  
different**

## **Tired of eating the same old things?**

**Look for new recipes to  
become family favourites.**

Try some cherries, berries, grapes, grapefruit, papayas, mangoes or plums.

Whole wheat and  
granary bread, tortil-  
las, bagels or pitta  
breads



Spinach, courgettes, cauliflower,  
butternut, sweet potatoes

**See our  
leaflet on  
MANAGING  
YOUR WEIGHT**

**Top tips**

**Richmond  
Surgery**

**On healthy  
eating**



# What is a healthy diet?



You should choose something from each of the main food groups, every day.

- **Carbohydrates**—particularly wholemeal bread, brown rice and bran cereals
- **Fresh fruit and vegetables**—spread your intake over the whole day and eat some of your vegetables raw.
- **Milk and dairy** foods—choose skimmed or semi-skimmed products.

- **Meat, fish, eggs** (plus Quorn, tofu, lentils, beans etc) - a serving of 100g, choosing lean cuts of beef and pork. Eat a wide variety of these protein foods.
- Don't cut out fats completely but cut your intake right down. Use herbs or lemon juice for extra flavour rather than salt and try sweeteners in place of sugar, varying the brands regularly
- Try using a cooking spray when frying, or use olive oil sparingly, and bake, steam or grill your food more often. Don't add rich sauces or gravy and remove skin or fat before cooking.
- Desserts—foods high in sugar are often high in fat and calories as well. "Sugar-free" desserts contain other types of sweetener and may still have a lot of carbohydrate!
- Drinks—choose diet soft drinks or sparkling flavoured water.



Team up with your practice nurse - tell her what you enjoy—and what you don't. Plan some meals ahead of time and check them with her if you are unsure.

Try something new!

Try out some new recipes to re-inspire you!

**Look after your body ...  
It's the only one you've got**