

## A Quick Guide To Eating Well

### Finding a balanced diet

This booklet is designed to help you find a healthy, balanced diet. While dietary recommendations will be different for different people; everyone can benefit from having more foods such as fruit, vegetables, and wholegrains. The picture on the right lists the general recommendations for the number of servings of different types of foods per day.

-  **Fruit and vegetables**  
• At least 5 servings per day
-  **Wholegrains and potatoes**  
• 3-5 servings per day
-  **Dairy (Milk, yoghurt and cheese)**  
• 3 servings per day
-  **Protein foods**  
• 2 servings per day
-  **Added fats and discretionary foods**  
• In moderation (not every day)

### What is a typical serving?

One of the big challenges when trying to eat a healthy balanced diet is getting your serving size right. Have a look below; you might be surprised by the recommended serving size of some foods. Pasta and rice are two that often catch people; one serving is a small plastic cup full of cooked pasta or rice – how many of them would it take to fill you plate?!

Foods	Serving size
<b>Fruit and vegetables</b>	Any fruit or vegetable = 80g Juice, smoothies, soups can count for 1 serving per day
<b>Wholegrains</b>	2 slices wholemeal bread 30g-45g serving wholegrain breakfast cereal 30g serving of porridge oats 1 cup (65g) of cooked brown rice or pasta
<b>Dairy</b>	Milk: 200ml Cheese: 25g Yoghurt: 125g
<b>Protein foods</b>	Poultry and eggs 70g Legumes (beans, lentils) 100g Nuts and seeds: 30g Fish: 100g Red meat (Beef, lamb): 70g



**Portion guide**  
The palm of the hand, width and depth without fingers and thumbs, shows how much meat, poultry and fish you need in a day.



### Pick a wide variety of protein sources

Did you know a serving of meat or fish is about half the size of the palm of your hand, so about half a chicken breast?! The average adult needs about 2 servings of protein foods every day, so that's roughly the size of the palm of your hand in total. However, most of us eat more than this. Try to aim to have 50% of your plate be fruit and vegetables and about 25% to be from protein foods. Pick lean options when eating meats like beef and chicken, but try to vary your protein sources and include foods like beans, lentils and chickpeas. Also, you should be eating 2 portions of fish per week, with one of those being an oily fish, like salmon or mackerel.

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## Planning your meals

Planning and monitoring are two of the best things you can do to help you to stay on track with healthy eating and weight loss (if weight loss is a target). This section will help you to plan out what foods you should try to include in each meal making sure that you meet (and not exceed) the recommended servings from the previous page. Just to note, where it says “protein” here it’s referring to protein foods like meat, fish and eggs. You’re still getting protein in your breakfast if you are including dairy and even small amounts in breads and cereals (more if it includes nuts or seeds).

### Breakfast

Food group	Meal Suggestions
1-2 x wholegrain	Porridge oats, muesli, weetabix or other wholegrain breakfast cereals Wholemeal bread/toast
1 x dairy	Milk, yogurt, or cheese
1 x fruit/veg	Apple, banana, strawberries, blueberries, raspberries, orange

### Lunch/Dinner

Food group	Meal Suggestions
1 x protein	<b>Plant protein:</b> Tofu/Tempah, chickpeas, or lentils Beans such as baked, black, kidney, etc. Quorn or other meat alternatives
	<b>Animal protein:</b> Eggs Poultry (e.g. chicken, turkey etc.) or pork Fresh red meat such as beef, lamb
	<b>Fish:</b> Oily fish such as salmon, mackerel etc. White fish such as cod, haddock etc.
1 x wholegrain	Potatoes, wholegrain bread, wrap, bagel, pasta, rice, or quinoa
1 x dairy	Milk, yoghurt, or cheese
1-2 x veg	<b>Red/orange:</b> Beetroot, carrots, red pepper, tomato, butternut squash <b>Green:</b> broccoli, brussels sprouts, cabbage, courgettes, cucumber, green pepper, green beans kale, leek, pak choi, rocket, spinach <b>Other:</b> cauliflower, mushrooms, onion, parsnips, celeriac

### Some snack ideas!

Snack	Food group	Portion
Yoghurt & fruit	1 x dairy	125g yoghurt
	1 x fruit	Any fruit e.g. banana, apple
Hummus & veg	1 x protein	1 tablespoon of hummus
	1 x veg	Raw veg e.g. carrot or celery sticks
Cheese & fruit/veg	1 x dairy	25g of cheese
	1 x fruit or veg	Any fruit or veg e.g. 10 grapes, carrot
Fruit & oat smoothie	1 x dairy	200ml milk
	1 x fruit	1 banana/strawberries/raspberries etc
	1 x wholegrain	3 tablespoons oats

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## Example daily meal plans (servings of fruit, vegetables, wholegrains, dairy highlighted)

Ok, so now you just need to put it all together and start to plan your day. Here's two examples with an estimation of the amount of energy (calories, kcal) and protein in each meal and the number of fruit/veg, wholegrain/potato, dairy and protein servings. If you are using this as a guide, it is important to note that your portion sizes and anything you add to foods/meals might be a little different. That is why energy and protein are in estimated amounts. Also, these plans do not include things like tea/coffee and other drinks which may add to your total energy intake across the day too.

### Example 1:

Breakfast	Lunch	Dinner	Snacks
Porridge, low-fat yoghurt, berries and honey  Wholegrain toast butter and jam	Wholegrain bread (x2) chicken, lettuce, tomato  Low-fat yoghurt with chopped apple/orange.	Salmon, boiled baby potatoes, broccoli, carrots	2-3 wholegrain crackers with cheese  Banana  Cadbury purple snack
400 kcal, 20g protein ✓ 1 fruit ✓ 2 wholegrain ✓ 1 dairy	450 kcal, 30g protein ✓ 2 fruit/veg ✓ 1 wholegrain ✓ 1 dairy ✓ 1 protein	~500kcal, 35g protein ✓ 2 veg ✓ 1 wholegrain ✓ 1 protein	~350 kcal, 10g protein ✓ 1 fruit ✓ 1 wholegrain ✓ 1 dairy

### Example 2:

Breakfast	Lunch	Dinner	Snack
Meusli with berries low-fat milk  Wholegrain toast butter and jam	Scrambled eggs, tomatos, spinach  Wholegrain toast (x2)	Spaghetti Bolognese, salad and grated cheese	Popcorn 30g  Low-fat yogurt with chopped apple/orange.
450 kcal, 15g protein ✓ 1 fruit ✓ 2 wholegrain ✓ 1 dairy	500 kcal, 25g protein ✓ 1 veg ✓ 1 wholegrain ✓ 1 protein	500 kcal, 35g protein ✓ 2 veg ✓ 1 wholegrain ✓ 1 dairy ✓ 1 protein	250 kcal, 20g protein ✓ 2 fruit ✓ 1 wholegrain ✓ 1 dairy

## Eating more for a healthy weight

There is no quick fix when it comes to weight loss! To lose weight you need to eat less energy (calories, kcal) than you are using up. If you are reading this, I assume you are a Crew Class member and probably training 3 times per week, so you are half way there! The next step is to look at what and how much you are eating throughout the day. I hope that this guide has given you some information about how much of each type of food you need and how to combine different foods in different meals across the day making sure you are getting enough of each, but not too much. This section will describe some tricks and tips to help you to stay on track when eating for weight loss.

### *#1 Weight loss trick/tip*

Nobody wants to feel hungry or deprived. Understanding the **Energy Density** of foods/meals is probably the best trick/tip to learn when trying to lose weight. Energy density refers to the amount of energy (calories, kcal) per gram of food. Lower energy density foods are foods that have less energy per gram, which basically means you can eat a bigger amount for fewer calories. Lower energy dense foods are usually lower in fat (the most energy dense nutrient), high in fibre and water-rich; so things like fruits, vegetables, beans and lentils. By combining lower energy dense foods you can create meals that are bigger with less total energy. This will help weight loss for a few reasons: 1) You are eating less total energy (calories) in that meal, which will make it easier to stay within the energy range you need for weight loss, 2) you have a larger amount of food on your plate, 3) that takes longer to eat and 4) a larger volume, all of which will all help you to feel fuller and more satisfied.

### *So what should I eat?*

**Foods/meals with high water content:** Eat more foods that are naturally high in water like fresh fruits and vegetables, foods that absorb water when cooking like pasta and pulses or meals with added water like soups and stews.

**Foods containing fibre:** Dietary fibre cannot be fully digested and so it provides fewer calories per gram. Eat more high fibre foods like wholegrain breads and cereals, fruits and vegetables. Higher fibre intake is also good for other health concerns like heart disease, type 2 diabetes and bowel cancer.

**Foods that are lower in fat:** Fat is the nutrient with the highest calories per gram (9 kcal/g). So while fat is an important nutrient in our diets, choosing lower fat foods/meals will help to reduce the amount of energy you eat in a day.

**High-protein foods:** There is huge focus on protein in our diets at the moment for lots of reasons. Some will argue we need more of it, others will argue less. Research tells us that most people easily meet and even exceed their protein needs. You will notice that the example meal plans in this guide include an estimate of calories and protein – why is that? Well research also tells us that high protein foods help to decrease hunger/make us feel fuller and helps to maintain our resting energy expenditure (amount of energy we use to keep our bodies working at rest) when on a weight loss diet. So having protein with each meal (approximately) well distributed across the day is a good idea too. Low-fat milk and yoghurt and lean cuts of meat and fish are good examples of lower energy density, nutrient rich foods.

**Follow the basic rules:** Fill your plate with fruit and vegetables, choose wholegrain and add water where you can, so soups, salads, tomato-based stews/sauces and porridge are all good choices!