

## Based on a predominantly East African diet



Fruit and Veg	Protein	Starch	Dairy & Alternatives
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Eat a variety of fresh or frozen fruit & veg. More the merrier!

Eat a variety of plant based or animal protein like seafood, meat, beans, lentils etc.

Choose whole-grain and high fibre varieties of bread, chapati, nut, couscous, seeds etc.

Choose calcium-rich low-fat dairy options or lactose-free/dairy alternatives.



**Per day average calories**  
Women: 2000 Kcal  
Men: 2500 Kcal



**Always hydrate!**  
6-8 glasses of water



**Cooking Oil & fats**  
Choose small amounts of unsaturated oils & spreads



**Dairy & alternatives**  
2-3 portions

### Fruit and Veg

Atleast 5 portions a day



Two hands is equal to one portion of vegetables



### Protein (animal/plant based)

2-3 portions a day



Your palm is equal to one portion of meat or fish (approx 100g)

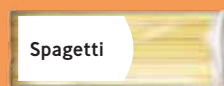
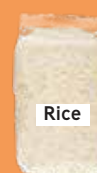


### Starch

3-4 portions a day



Your fist is equal to one portion of starch











## Healthy Swaps & Tips for your next food shop

[www.wandsworth.gov.uk/healthy-eating](http://www.wandsworth.gov.uk/healthy-eating)



<h3>Vegetables &amp; Fruits</h3>  <ul style="list-style-type: none"> <li>• Frozen &amp; Fresh both contribute towards '5 a day'</li> </ul>	<h3>Starch</h3> 
<h3>Protein</h3>  <ul style="list-style-type: none"> <li>• Choose Lean red meats</li> <li>• Choose to grill, bake, stirfry &amp; steam instead of frying with lots of oil</li> <li>• Nut butters with no palm oil &amp; no added sugar</li> </ul>	<h3>Dairy &amp; Alternatives</h3>  <ul style="list-style-type: none"> <li>• Low-fat dairy options</li> <li>• Fortified plant-based milk with calcium and other vitamins and minerals</li> </ul>
<h3>Cooking Oils &amp; spreads</h3>  <p>Use Unsaturated Fats:</p> <ul style="list-style-type: none"> <li>• Olive Oil</li> <li>• Sunflower Oil</li> <li>• Rapeseed Oil</li> <li>• Vegetable Oil</li> </ul>	<h3>Hydration</h3>  <ul style="list-style-type: none"> <li>• 6 - 8 glasses of water daily</li> <li>• Beverages with No added sugar</li> </ul>

\*Valid as of 2024, British Nutrition Foundation

