

Based on a predominantly South Asian 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)



Fish



Eggs



Beans and Lentils



Chicken, Lamb, Beef, Pork



Nuts & Seeds

Starch

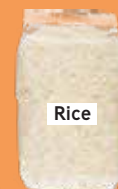
3-4 portions a day



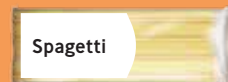
Your fist is equal to one portion of starch



Wholewheat Bread



Rice



Spagetti



Wholewheat Noodles



Wholewheat Chapati



Wholewheat Flour



Couscous



Sweet Potato



Potato



Millet



Cassava



Taro









Green Banana



Healthy Swaps & Tips for your next food shop

www.wandsworth.gov.uk/healthy-eating



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

*Valid as of 2024, British Nutrition Foundation

