

Eating healthily can help reduce your risk of obesity, heart disease, strokes, diabetes and some cancers. Simple changes can help:-

- Base meals around bread, cereals, potatoes, rice, pasta or noodles.
- Eat at least 5 portions of a variety of fruit and vegetables everyday.
- Eat 2 portions of fish a week, one of which should be oily fish e.g. sardines, herring, salmon.
- Use leaner meats, cut off any fat e.g. skin on chicken, fat on bacon.
- Bulk out meat dishes with beans and pulses.
- Use lower fat dairy products e.g. semi-skimmed milk, low fat cheeses.



Produced by NHS Forth Valley Community Dietitians - February 2014

Your Guide to Food Labels

per 100g	What's LOW?	What's HIGH?
Fat	3g or less	17.5g or more
Saturates	1.5g or less	5g or more
Sugars	5g or less	22.5g or more
Salt	0.3g or less	1.5g or more
Sodium	0.1g or less	0.6g or more

Choose foods 'low' in fat, sugar and salt and 'high' in fibre.
Foods labelled 'High Fibre' should contain at least 6g fibre per 100g.