8 Tips for Healthy Eating

Try to eat less than 6 g (around 1 teaspoon) of salt each day

Enjoy a variety of foods choosing the right amounts from each food group

Base your meals on starchy foods and choose whole grains where possible

Eat at least 5 portions of a variety of fruit and vegetables every day

Aim for at least two portions of fish a week, one of which should be oily

Cut back on saturated fat and sugar

Get active and maintain a healthy weight

Try to eat less than 6 g (around 1 teaspoon) of salt each day

Keep hydrated, aim for 8-10 glasses of fluid each day

Don’t skip breakfast!

This resource is designed for consumers who want to find out more about healthy eating. For more information on the sources used in this text, please contact postbox@nutrition.org.uk. Last reviewed May 2014. Next review due May 2017.