



*What is a  
Healthy diet?*

Recommendations and tips  
to improve nutrition

## EATING FOR A HEALTHY LIFE

**A balanced diet** provides the nutrients needed to function well, have energy, and reduce risk of disease.

### FOOD GROUPS

#### Fruits & Vegetables

- Aim for at least 5 portions per day.
- Fresh, frozen, canned, or dried count.
- Rich in vitamins, minerals, and fibre.

#### Starchy Foods (Carbohydrates)

- Bread, rice, pasta, potatoes, oats.
- Choose high-fibre, wholegrain.
- Provide long-lasting energy.

#### Protein Foods

- Lean meat, fish, eggs, beans, pulses, nuts, tofu. Include oily fish weekly.
- Important for growth and repair.

#### Dairy & Alternatives

- Milk, cheese, yoghurt, or fortified plant alternatives. Choose lower-fat and lower-sugar options.
- Good sources of calcium and protein.

#### Oils & Spreads

- Use in small amounts.
- Opt for unsaturated fats (e.g., olive, rapeseed, sunflower oils).

## HEALTHY EATING GUIDELINES

**Balance** your plate: Half fruits & veg, a quarter starchy foods, a quarter protein.

**Limit** salt, sugar, and saturated fat.

**Hydrate** with 6-8 glasses of water a day

**Eat regularly** for energy and focus.

**Watch portions** – listen to hunger cues.

SMALL CHANGES ADD UP -  
SWAP, BALANCE, AND  
ENJOY MEALS FOR A  
HEALTHIER LIFESTYLE.



### REMEMBER

A healthy diet is about variety and balance, not perfection. Small, consistent changes can make a big difference to your long-term health.

# HEALTHY MEAL IDEAS

## Breakfast

Porridge topped with fruit, nuts & seeds.  
Wholegrain toast with avocado & egg.  
Low-fat yoghurt with berries and oats.  
Smoothie with spinach, banana, berries, and milk (or plant alternative).

## Lunch

Wholegrain chicken wrap with salad.  
Mixed bean salad with olive oil dressing.  
Vegetable soup with wholegrain bread.  
Tuna & sweetcorn salad with brown rice.

## Dinner

Grilled salmon, vegetables & potatoes.  
Stir-fry tofu, vegetables, and noodles.  
Lentil curry with brown rice.  
Roast chicken with roasted vegetables and wholegrain couscous.



North East Clinical  
Complementary Health

*Visit our website*

GET YOUR OWN  
NUTRITION GUIDE  
& INFO ABOUT  
NUTRITIONAL  
SUPPORT

[www.northeastclinical.com](http://www.northeastclinical.com)

## SNACK GUIDE

Fruit (apple, banana, orange, berries).  
Handful of unsalted nuts or seeds.  
Carrot sticks or cucumber with hummus.  
Rice cakes topped with cottage cheese.  
Small portion of natural yoghurt with fruit.

THE BEST DIET FOR YOU  
IS ONE YOU ENJOY -  
BALANCED, VARIED, &  
FULL OF REAL FOOD.