



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.

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



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.



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