### Foods

**Bread, other cereals & potatoes**
- Aim to base all meals on a good spread serving from this group. Have bread or bread products as healthy snacks.
- [Nutritional details](#)

**Fruit & vegetables**
- Eat plenty, at least five or more portions everyday.
- [Nutritional details](#)

**Meat, fish, & alternatives**
- Eat a moderate amount (1-2 portions a day).
- [Nutritional details](#)

**Milk/dairy foods & alternatives**
- Have 2-3 portions a day in milk or drinks in meals.
- [Nutritional details](#)

**Fatty and sugary foods**
- Try to eat in small amounts daily or as occasional treats.
- [Nutritional details](#)

**Flavours**
- A portion of cooked beans, peas & lentils is 4 cooked beans.
- [Nutritional details](#)

**Drinks**
- Drink 1.5-2 litres of fluid per day.
- [Nutritional details](#)

### Best choice

- Wholegrain varieties of bread, chapati without fat, full-fat bread, flour tortillas, pasta, rice, Barattier rice, noodles.
- Wholegrain breads & cereals.
- Oats, Courgettes. Potato, sweet potato, yam & plantains.
- Fresh, frozen, fruit & vegetables. 100% juice, dried fruit. Canned fruit in natural juice. Vegetables canned in water. Homemade vegetable based soups.
- Lean pork, ham, beef, lamb. Extra lean minced beef. Chicken & turkey without skin. Veal, venison, rabbit, pheasant.
- Lean bacon, low fat sausages, chicken breast in breadcrumbs, burgers, meatballs. Read the labels, find the lowest fat version.
- Canned fruit in syrup (drain the syrup). Reduced fat coconut milk.
- Low fat cheese e.g. Cottage, curd cheese, quark, ricotta, half fat Edam, ‘extra light’ cheese spread.
- Low fat yoghurts e.g. Greek, half-fat yoghurt, whole milk yoghurt. Greek yoghurt, thick & creamy yogurt.
- Spreads made from unsaturated oils.
- Salad creams, mayonnaise. Salad creams, mayonnaise. Rich sauces made with cream or sour cream.
- Medium fat cheese e.g. half-fat cheddar, emam, brie, camambert, soft goat's cheese, mozzarella, feta, ‘light’ cheese spread, paneer.
- Rich sauces made with cream or sour cream.
- Spreads which contain plant sterols.
- Chilled, diced, whipping, sour, single cream. Cream cake mix.
- Oily fish rich in omega-3 fatty acids which help your heart beat more regularly and prevent your blood from clots. If you're in a heart attack or have heart disease, aim to eat 2-3 portions of oily fish every week. 1 portion = 100g of fish.

### Occasionally (2-3 items/week)

- Naan bread. Reduced fat oven chips (with less than 5% fat). Roasted potatoes.
- Lean bacon, low fat sausages, chicken breast in breadcrumbs, burgers, meatballs. Read the labels, find the lowest fat version.
- Fish in rich creamy or cheesy sauces. Hollandaise, lobster sauce, seafood cocktail sauce.
- Reduced fat evaporated milk.
- Vegetable based soups.
- Medium fat cheese e.g. half-fat cheddar, emam, brie, camambert, soft goat's cheese, mozzarella, feta, ‘light’ cheese spread, paneer.
- Most vegetable oils (a source of “trans” fats). Oils which have been re-melted several times.
- A portion of cooked beans, peas & lentils is 4 cooked beans.
- Reduced fat evaporated milk.
- Canned fruit in syrup (drain the syrup). Reduced fat coconut milk.
- Canned fruit in syrup (drain the syrup). Reduced fat coconut milk.
- Oily fish rich in omega-3 fatty acids which help your heart beat more regularly and prevent your blood from clots. If you're in a heart attack or have heart disease, aim to eat 2-3 portions of oily fish every week. 1 portion = 100g of fish.

### Best avoided!

- White bread varieties of bread, chapati without fat, full-fat bread, flour tortillas, pasta, rice, Barattier rice, noodles.
- Wholegrain breads & cereals.
- Oats, Courgettes. Potato, sweet potato, yam & plantains.
- Fresh, frozen, fruit & vegetables. 100% juice, dried fruit. Canned fruit in natural juice. Vegetables canned in water. Homemade vegetable based soups.
- Lean pork, ham, beef, lamb. Extra lean minced beef. Chicken & turkey without skin. Veal, venison, rabbit, pheasant.
- Lean bacon, low fat sausages, chicken breast in breadcrumbs, burgers, meatballs. Read the labels, find the lowest fat version.
- Canned fruit in syrup (drain the syrup). Reduced fat coconut milk.
- Low fat cheese e.g. Cottage, curd cheese, quark, ricotta, half fat Edam, ‘extra light’ cheese spread.
- Low fat yoghurts e.g. Greek, half-fat yoghurt, whole milk yoghurt. Greek yoghurt, thick & creamy yogurt.
- Spreads made from unsaturated oils.
- Salad creams, mayonnaise. Salad creams, mayonnaise. Rich sauces made with cream or sour cream.
- Medium fat cheese e.g. half-fat cheddar, emam, brie, camambert, soft goat's cheese, mozzarella, feta, ‘light’ cheese spread, paneer.
- Rich sauces made with cream or sour cream.
- Spreads which contain plant sterols.
- Chilled, diced, whipping, sour, single cream. Cream cake mix.
- Oily fish rich in omega-3 fatty acids which help your heart beat more regularly and prevent your blood from clots. If you're in a heart attack or have heart disease, aim to eat 2-3 portions of oily fish every week. 1 portion = 100g of fish.

### Key to symbols and notes

- wholegrain: wholegrain varieties of bread, chapati without fat, full-fat bread, flour tortillas, pasta, rice, Barattier rice, noodles.
- vegetable: olives, olives, olive-paste, (most vegetable oil is Monounsaturated or polyunsaturated oils
- ► oily fish: oily fish - fresh & canned mackerel, sardines, pilchards, salmon, trout, herrings & fresh tuna.
- ✔ healthy fats: olive, rapeseed, (most vegetable oil is Monounsaturated or polyunsaturated oils
- ♥ healthy foods: wholegrain varieties of bread, chapati without fat, full-fat bread, flour tortillas, pasta, rice, Barattier rice, noodles.
- ♥ healthy foods: wholegrain varieties of bread, chapati without fat, full-fat bread, flour tortillas, pasta, rice, Barattier rice, noodles.
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