





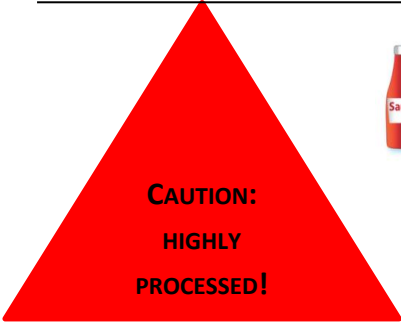


Guide to eating better, not less

This guide suggests approximate quantities and varieties of the nutritious foods my body needs most days to boost my health and to achieve and maintain a healthier weight. Foods in these groups are less processed, lower energy options that will keep me feeling fuller for longer. I'll also benefit from 6-8 cups of sugar-free fluids daily. This is not a diet. My aim is eating better, not less.

Daily Food Group Suggestions: Plan B (Male)

Fruit 	Vegetables 	Starchy Carbohydrates 	Protein 	Dairy & Alternatives 	Oils & Spreads 
1 of my handfuls (1 tbsp if dried)	Size of one of my fists	1 of my fists	Palm size portion	200ml milk/alternative or small pot of yogurt or thumb size of cheese.	Tip of my thumb or 1 level tsp
Focus on whole fruits	Enjoy a variety of vegetables	Higher fibre choices will keep me feeling fuller for longer	Beans, pulses, lentils, Quorn™, soya, nuts, tofu and eggs are all great choices-plus poultry, lean meat and all fish.	Lower/zero fat milk and fat free yogurt; soya drinks or lower fat cheese have the same flavour but less calories	Lower fat spreads or 1 kcal/fine spray vegetable oils will help reduce the calories
3-4 servings a day	At least 4 servings each day	5-7 servings each day	3-4 servings each day	3 servings each day	3 servings each day
Fresh, frozen or canned in juice. Eat a variety of colours.	Fresh, frozen or canned in water. Eat a variety of colours and remember to include leafy greens.	Include a serving at all 3 meals. Healthier choices include wholegrain /seeded bread; higher fibre cereals and pasta; brown and wild rice; potatoes with skins.		If using plant based drinks e.g. soya/nut always choose unsweetened and calcium fortified.	Choose plant-based oils, fats and spreads. Limit frying. Grill, steam or bake food in the oven instead.



Choosing smaller servings of highly processed 'treat type' foods less often will significantly reduce energy from added fats and added sugars. These are 'empty' calories with limited nutritional content e.g. cakes, biscuits, confectionary, crisps, pastries, flavoured milkshakes and alcohol.

Acknowledgement: Original USD.gov My plate. Amended by Livewell Southwest Registered Dietitians for Plymouth Weight Management