

Food choices within each of the Eatwell Guide food groups

This Plymouth Weight Management ‘quick list’ displays basic food items within the 5 main food groups of the Eatwell Guide. The Eatwell Guide shows the different types of foods and drinks we are advised to consume – and in what proportions – to have a healthy, balanced diet. Eating a wide variety of foods helps our body get all the different types of nutrients it needs to optimise health and control weight more easily.

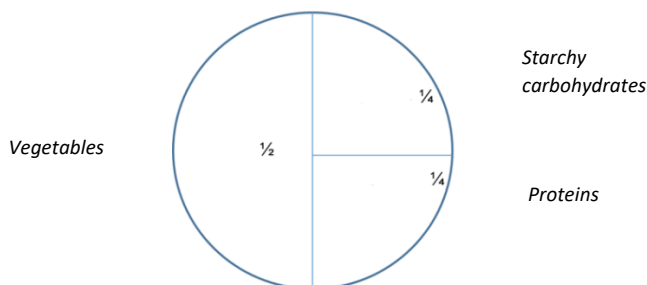
The lists will remind you of the range of different foods available in each food group to help with meal planning and keeping meal times interesting.



An example of how this might look on my meal plates each day to help manage my weight.

Breakfast: Choose a portion of starchy carbohydrate, a serving of dairy and a portion of fruit

Lunch and evening meal : Choose a portion of starchy carbohydrates, a portion of protein and 2 servings of vegetables.



Don't go hungry. For bigger meals or between meal snacks: Choose an extra serving of fruit, another 1 or 2 portions of dairy, and another protein and carbohydrate serving each day.

FRUIT

Apple	Grapes	Pear
Apricot	Kiwi	Pineapple
Banana	Lemon	Plum
Berries –all types	Lime	Prunes
Cherry	Mandarin	Raspberry
Clementine	Mango	Rhubarb
Date	Melon	Satsuma
Fig	Nectarine	Strawberry
Gooseberry	Orange	Tangerine
Grapefruit	Passion fruit	Watermelon

All fruits whether fresh, frozen, canned in juice (not syrup) or dried are healthy choices. Those listed above are the most common fruits available but there are many others.

VEGETABLES

Asparagus	Carrot	Mushroom
Aubergine	Cauliflower	Onion
Baby sweetcorn	Celery	Parsnip
Bamboo shoots	Corn cob	Peas
Beans - green	Courgette	Peppers
Beetroot	Cucumber	Radish
Broad beans	Kale	Rocket
Broccoli	Leek	Salad leaves
Brussel sprouts	Lettuce	Spinach
Butternut squash	Mange tout	Sugar snap peas
Cabbage	Marrow	Tomato

All vegetables whether fresh, frozen or canned in water (not brine) all healthy choices. Those listed above are the most common veg available but there are many others.

PROTEINS

Plant based proteins:

Beans, pulses	e.g. baked beans, black-eye, butter beans, cannellini, chick peas, flageolet, haricot, kidney. Dried, plain canned in water or brine.
Lentils	Plain dried, plain canned in water or brine.
Nuts	Plain in shells or shelled. Choose unsalted, mixed varieties
Quorn® (also known as mycoprotein)	Plain mince, pieces, fillets
Seeds	Plain, unflavoured. Choose unsalted, mixed varieties
Soya	Plain soya beans, soya chunks, soya mince.
Tofu (also known as soya bean curd)	Plain unflavoured.

Meat / poultry proteins:

Beef
Chicken
Duck
Lamb
Pork
Turkey
Venison

Fish & seafood proteins:

Fish - oily e.g. herring, kipper, mackerel, pilchard, salmon, sardine, trout	Fresh, frozen, plain cooked, smoked, canned in water, oil, brine.
Fish - white e.g. basa, cod, coley, haddock, plaice, pollack, tuna	Fresh, frozen, plain cooked, smoked, canned in water, oil, brine.
Shellfish - e.g. crab, mussel, oyster, prawn, scallop, shrimp, squid	Fresh, frozen, plain cooked, smoked, canned in water, oil, brine.

Eggs

DAIRY

Cheese (hard)	Choose lower fat / lite / reduced fat versions of harder cheese e.g. Cheddar, Double Gloucester, Red Leicester, Wensleydale
Cheese(soft)	Choose lower fat / lite / reduced fat softer cheese e.g. cottage cheese, cream cheese, Brie, Camembert, halloumi, mascarpone, mozzarella, paneer, ricotta
Milk	Dairy milk (sheep, goat, cow), skimmed, semi-skimmed, full-fat, UHT, unflavoured.

Yoghurt	Plain dairy yoghurt and plain fromage frais including natural, Greek strained, skyr, high protein.
Cream	Dairy cream, unflavoured including sour, crème fraiche, single, double, whipping. Choose lower fat / reduced fat options)
Plant-based milk alternatives e.g. unflavoured nut, rice, oat and soya milks	Choose calcium fortified, unsweetened versions if choosing plant-based milk alternatives.

STARCHY CARBOHYDRATES

Bread	e.g. slices, loaves, rolls, bagels, crackers, crumpets, English muffins, pitta, wraps, chapati, dosa, naan, roti.
Breakfast cereals	e.g. Shredded wheat®, cornflakes, Weetabix®, Bran flakes, All bran®, muesli. Choose lower sugar, higher fibre cereals
Couscous	
Grains	e.g. barley, wheat, rye, amaranth, buckwheat, bulgar wheat, corn/maize, millet, pearl barley, polenta, quinoa, sago, semolina, spelt, sorghum, tapioca, teff.
Flour	
Noodles	
Oats	
Pasta	
Potato	Plain boiled, baked including tinned, with or without skins.
Sweet potato	Plain boiled, baked, with or without skins.
Quinoa	
Rice	e.g. white, brown, basmati, wild. All dried or plain cooked.

OILS AND SPREADS

Oils	e.g. olive, sunflower, vegetable and cooking oil sprays. Limit coconut oil due to saturated fat content
Spreads - i.e. butter replacements	e.g. olive oil, sunflower. Choose plant based lower fat / reduced fat / lite
Dairy-free spreads – i.e. butter and spread replacements	e.g. vegan spreads. Choose plant based lower fat / reduced fat / lite. Limit coconut based dairy-free spreads due to saturated fat content
Butter & ghee	High in saturated fats. Keep portions small and infrequent. Choose plant-based spreads instead for heart healthier fats

EXCEPTIONS FOR HIGH FAT / HIGH SUGAR FOODS

The following list shows foods that are naturally higher in fat or sugar but are still very healthy food choices because they contain various vitamins, minerals, fibre or unsaturated fats. Remember to choose them regularly but be mindful of portion sizes. Some make great choices as a healthy snack.

Avocado	Limit to one avocado per week
Cheese	Choose reduced fat, the size of 4 dice
Dried fruit	A serving is approx. a dessertspoon
Fruit juice	Limit to 150ml / 5 fluid ounces per day
Granola and muesli	Choose low sugar/ no added sugar
Hummus	Serve 2 tbsps for snacks or 4 tbsps for meals
Nut and seed butters	Choose one with no added sugar, salt, oil
Nuts	A serving is approx. a dessertspoon
Oatcakes	A serving is 2 oatcakes
Oils	Use a misting bottle or 1 cal spray
Oily fish	A serving is the size of a deck of playing cards
Olives	A serving is 5-10 olives
Smoked salmon	A serving is approx. 100g
Yoghurt (flavoured)	Choose natural, or low fat / artificially sweetened

RED TRIANGLE FOODS - A WORD OF CAUTION

'Red Triangle' foods are foods that are outside of the 5 main food groups in the Eatwell Guide because they are ultra-processed foods and drinks that are high fat, high sugar and / or high in calories. Many offer very little nutritional benefit and most are not helpful if you are trying to manage your weight.

Alcohol	Biscuits	Butter	Cakes
Chips	Chocolate	Cream	Crisps
Croissants	Desserts	Dips e.g. creamy / mayo based	
Fizzy drinks	Honey	Ice cream / lollies	Jams
Milkshakes	Oven-ready products in breadcrumbs / batter e.g. fish in batter, kyivs		
Pasties	Pastry and pastries, sweet or savoury		Pate
Pies, sweet / savoury	Processed meats	Puddings	
Roast potatoes (unless cooked in 1 cal oil spray)			
Sauces – condiments e.g. BBQ, mayo, tomato sauce, salad cream			
Sweets	Syrups	Treacle	