









WHAT I NEED EACH DAY FOR Good health

NUMBER OF SERVINGS	FOODS	HEALTHY PORTION SIZE	TO PROVIDE
5-8	<p>Fruit & Vegetables to include: Dark Green Leafy Vegetables, Orange and Red Vegetables, Fresh and Dried Fruit</p> <p>Green or Root Veg Salad Veg Fresh Fruit Dried Fruit</p> 	<p>2-3 tablespoons or ½ tennis ball 80g or 1 large cereal bowl 1 medium piece the size of a tennis ball 1-1½ tablespoons or 1 golf ball Note: fruit juice – only counts as 1 portion per day no matter how much you drink! Smoothies – shop bought count as a max. 2 portions daily; but home-made count as more according to how much fruit/veg you use, so long as you don't sieve out the fibre</p>	<p>Vitamins such as Beta Carotene (makes vitamin A), Vitamins B2, B3, B5, B6, B9 (Folate), Vitamin C, Vitamin E, Vitamin K Minerals/trace elements such as Calcium, Iodine, Iron, Magnesium, Manganese, Phosphorus, Potassium Energy Fibre</p> 
3-4	<p>Cereals & Grains (eg Wholewheat Pasta, Wholemeal Bread, Brown Rice, Oats, Rye, Buckwheat)</p> <p>Cooked Brown Rice Breakfast Cereal Wholewheat Pasta Wholemeal Bread</p> 	<p>5-6 tablespoons or 1 teacup 1 regular sized cereal bowl 1 cup (cooked) as side dish or 2 cups as main dish 2 slices</p>	<p>Vitamins such as B1, B2, B3, B5, B6 Minerals/trace elements such as Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc Fibre Energy Protein</p> 
2-3	<p>Pulses (Lentils, Beans, Peas, Chickpeas, Soya and products made from them), Nuts and Nut Butters or Seeds</p> <p>Peas, Beans and Lentils Tofu, Soya-based Meat Alternatives or Beanburgers Nuts (unsalted)</p> 	<p>½ cup (cooked) 100 g 2 tablespoons or a small handful</p>	<p>Vitamins such as B1, B2, B3, B5, B6, B9 Minerals/trace elements such as Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc Fibre Energy Protein Healthy Fats</p> 
SMALL AMOUNTS	<p>Vegetable Oil (eg Flaxseed, Hempseed or Virgin Olive Oil, used cold; Rapeseed Oil for cooking), Vegetable Margarines</p> <p>Best for omega-3 fats: ½ tablespoon flaxseed oil or 2 tablespoons of ground flaxseeds</p> 		<p>Vitamin E (Vegetable Oils), Vitamins A & D (Fortified Margarine) Energy Essential Omega-3 and Omega-6 Fats (Flaxseed, Soya, Walnut and Hemp Oils)</p>
DAILY DOSE	<p>Ideally, everyone should take a B12 supplement providing 50 micrograms daily or 2,000 weekly. You can also top your intake up with B12 Fortified Foods, eg Fortified Plant Milk, Breakfast Cereal, Low-Sodium Yeast Extract. Vitamin D is produced by sunlight on the skin in summer months. In winter, if you live in the UK take a daily supplement</p>		<p>Vitamin B12 Vitamin D</p> 

1.5 LITRES OF WATER PER DAY (SIX TO EIGHT GLASSES) TO BE CONSUMED

(All teas, plant milks, home made smoothies etc count. Juice can contribute but as it contains sugar, you should limit consumption to no more than one 150ml glass a day)

EVERY DAY THINK COLOUR!

Think rainbow and brighten your meals. The natural compounds that give foods their beautiful colours are also what protects your health! So take a few minutes to add colour to every meal. Here's a few ideas:

Breakfast

- Add berries, banana and ground flaxseeds to your cereal. Sprinkle with cinnamon to sweeten
- Make a smoothie using berries, any other fruit and unsalted nuts with soya or almond milk
- Add grilled tomatoes to mushrooms on wholegrain toast



Lunch

- Add salads with a vibrant mix of colours – eg rocket leaves, sliced mango, berries, pear, walnuts, yellow pepper, sweetcorn
- Add tomatoes and watercress to your usual sandwich
- Add more veg and any peas/beans/lentils to your soup
- Avocados are very nutritious – try with grated carrot and tomato on wholegrain bread



Evening Meal

- Add extra veg and any peas/beans/lentils to casseroles, pasta, curries and rice dishes
- Eat at least 2 types of veg with your main meal

Snacks

- Snack on a high protein food such as mixed unsalted nuts or seeds with fresh or unsweetened dried fruit – any you enjoy. (The protein slows down the release of the fruit sugars and that's what your body and brain loves!)
- Raw carrots or celery dipped in hummus or guacamole
- Handful of cherry tomatoes and oatcakes



Rainbow Reminder:

The more colours you add to your food – the more health-boosting nutrients you eat!

EVERY DAY THINK SMELL!

Herbs and spices are packed with antioxidants which fight many diseases including heart disease, stroke, diabetes, some cancers and some of the effects of ageing. You only need small amounts of herbs and spices to boost the flavour of your food and your health. Use what you enjoy, here's a few examples: Black pepper, caraway, cardamom, cayenne, chilli pepper, cinnamon, coriander, cumin, garlic, ginger, juniper berries, mustard, nutmeg, oregano, parsley, mint, rosemary, sage, saffron, turmeric and thyme

