



OFF TO A GOOD START

If you would like to change what you and your family eat, here are some ideas to try.

HEALTHIER CHOICES	LESS HEALTHY ALTERNATIVES	
TRY TO CHOOSE MOST FOODS FROM THIS GROUP (✓)	GO EASY ON (✓)	TRY TO EAT LESS/AVOID (X)
Water Diet or sugar-free squash	Low cal hot chocolate Fruit juice	Fizzy drinks and squashes <i>- containing sugar</i>
Choose from this list at each meal: Non-coated breakfast cereals <i>- Cornflakes, Bran Flakes, porridge, Weetabix, rice crispies, Shredded Wheat, multigrain hoops</i> Bread, toast, pitta bread, breadsticks, tortilla wraps, chapattis Potatoes - boiled, baked or mashed Pasta, rice, plain noodles	Low-sugar muesli Crumpets Bread muffins Bagels Potato waffles	Coated breakfast cereals <i>- Coco Pops, Sugar Puffs, frosted flakes, Granola</i> Garlic Bread, croissants, brioche Roast potatoes, Yorkshire puddings Chips
Keep to 2 portions of these daily: Lean meat - lamb, pork, beef Poultry - chicken, turkey Uncoated fish like cod, salmon Tinned fish in water or brine Eggs – boiled or poached Quorn, tofu, soya mince Beans and pulses like lentils	Breaded fish or chicken <i>- grilled or baked</i> Hummus	Sausages Burgers Pies and pastries Sausage rolls Bridies Fried or battered fish Tinned fish in oil
Aim for 3 portions of these daily: Semi skimmed milk Reduced fat cheese Diet or light yoghurt	Cheese dip snacks Low-fat custard/ milk puddings	Full fat milk Full fat cheese Full cream yoghurt <i>- Corner style yoghurts</i>
Vegetables - fresh, frozen or tinned Vegetable soup	Creamed soups	Vegetable crisps <i>- like parsnip and beetroot</i>
Fresh fruit <i>- Apples, Bananas, Cherries, Strawberries Oranges etc...</i> Fruit, tinned in natural juice Sugar free jelly Pure fruit spreads	Dried fruit Frozen ice lollies Scones or Teacakes Plain biscuits <i>- Rich Tea, Digestives</i> Reduced sugar jams Peanut butter Plain popcorn	Fruit tinned in syrup Cakes and desserts <i>- cheesecake, ice cream, trifle</i> Shortbread & flapjacks Biscuits <i>- chocolate or iced</i> Sugar & syrup Honey, jam, marmalade Sweets, chocolate, crisps
Limit to no more than 1 oz/ 25g/ day Low-fat spread & low-fat mayonnaise		If used – spread thinly Butter & full fat margarine.

MY SAMPLE MEAL PLAN

Fruit and vegetables are important for health - Try to eat 5 portions each day.

	OPTIONS	MY CHOICES
Breakfast	<p>Cereal with semi-skimmed milk or Toast or bread with low fat spread</p> <p>Diluted fruit juice, milk or water</p>	
Snack	<p>Fresh fruit, vegetable sticks, plain biscuit, crackers</p> <p>Reduced or low sugar squash or water</p>	
Midday Meal	<p>Toast, baked potato, tortilla wraps, pitta bread or bread sandwich.</p> <p>Suitable fillings: meat, fish, eggs, cheese, hummus, peanut butter, baked beans</p>	
Snack	<p>Fresh fruit, vegetable sticks, diet or light yoghurt</p> <p>Reduced or low sugar squash or water</p>	
Evening Meal	<p>Meat, fish, cheese, eggs, beans, pulses Bread, chapattis, rice, potatoes, pasta Vegetables, salad Fresh fruit, low sugar pudding, diet or light yoghurt</p>	
Bedtime Snack	<p>Cereal with semi-skimmed milk Toast or bread with low fat spread</p> <p>Reduced or low sugar squash, milk or water</p>	

PRODUCED	LAST UPDATED	REVIEW
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