

# A healthy balanced diet should include:-

## vitamin & mineral foods

The vitamin and mineral foods (vegetables, salad-vegetables, fruit) will be a major part of a healthy diet.



## starchy foods

The starchy foods (bread, pitta bread, potatoes, rice, pasta, cereal) will also form a major part of a healthy diet.

Try not to add fat, or as little as possible.



## protein foods

The protein foods (meat, fish, egg, pulses, nuts) should be taken in moderation.

Again try not to add fat, or as little as possible. Remember to trim fat from meat.



## dairy foods

A small helping of dairy food (milk, cheese, yoghurt) will provide calcium and essential fats.

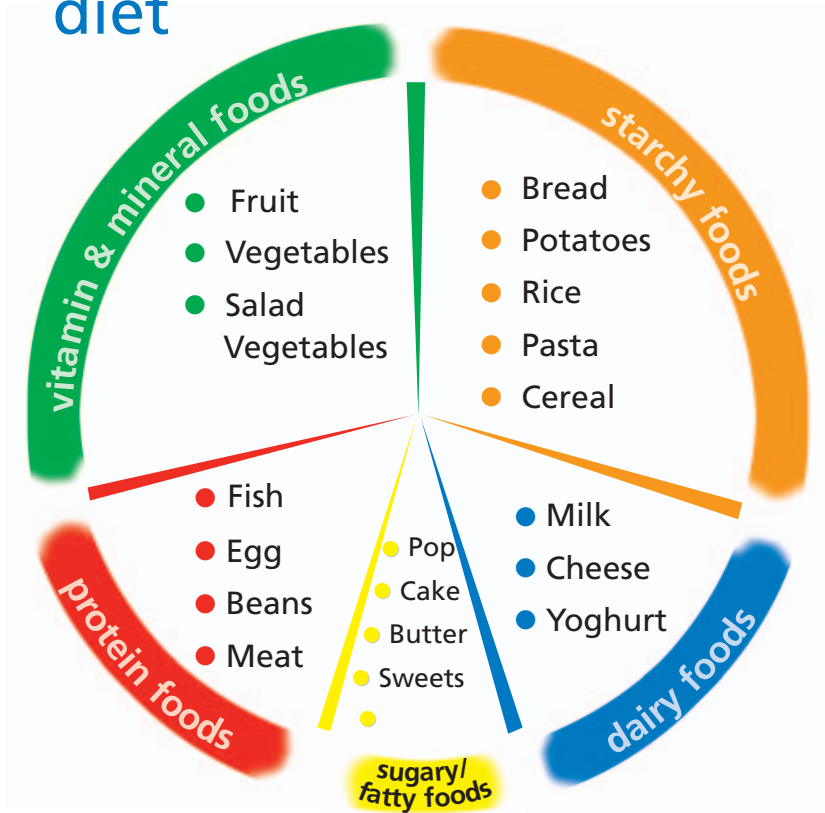


## sugary and fatty foods

Eat as little as possible, (chocolate, cake, biscuits, pies). These foods provide few healthy nutrients.



# a Healthy diet



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# a Healthy Balanced diet

