

# **Healthy Eating Guide**

Wandsworth

www.thecommunitybrain.org | contact@thecommunitybrain.org

## **Based on a predominantly East African diet**

















## Fruit and Veg

Eat a variety of fresh or

frozen fruit & veg. More the merrier! Eat a variety of plant based or animal protein like seafood, meat,

Protein

#### Starch

Choose whole-grain and high fibre varieties of bread, chapati, nut, couscous, seeds etc.

# Dairy & Alternatives

Choose calcium-rich low-fat dairy options or lactose-free/dairy alternatives.



Per day average calories
Women: 2000 Kcal

Men: 2500 Kcal

\*Valid as of 2024, British Nutrition Foundation



beans, lentils etc.

Always hydrate!

6-8 glasses of water



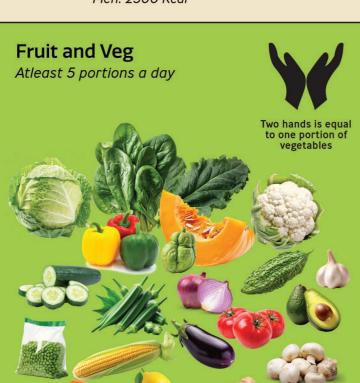
### Cooking Oil & fats

Choose small amounts of unsaturated oils & spreads



### Dairy & alternatives

2-3 portions









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## **Vegetables & Fruits**



 Frozen & Fresh both contribute towards '5 a day'

### Starch







### **Protein**



- Choose Lean red meats
- Choose to grill, bake, stirfry & steam instead of frying with lots of oil
- Nut butters with no palm oil & no added sugar

### **Dairy & Alternatives**



- Low-fat dairy options
- Fortified plant-based milk with calcium and other vitamins and minerals

## Cooking Oils & spreads



**Use Unsaturated Fats:** 

- Olive Oil
- Sunflower Oil
- Rapeseed Oil
- Vegetable Oil

### **Hydration**



- 6 8 glasses of water daily
- Beverages with No added sugar

<sup>\*</sup>Valid as of 2024, British Nutrition Foundation

