

Healthy Eating Guide

Wandsworth

www.thecommunitybrain.org | contact@thecommunitybrain.org

Based on a predominantly South Asian diet













Fruit and Veg

Eat a variety of fresh or frozen fruit & veg. based or anii

More the merrier! like seafoo

Protein

Eat a variety of plant based or animal protein like seafood, meat, beans, lentils etc.

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



Always hydrate!

6-8 glasses of water



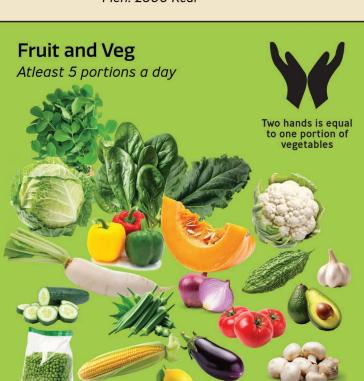
Cooking Oil & fats

Choose small amounts of unsaturated oils & spreads



Dairy & alternatives

2-3 portions



*Valid as of 2024, British Nutrition Foundation



Millet

Cassava





Taro

Green Banana



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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

^{*}Valid as of 2024, British Nutrition Foundation

