

## Based on a predominantly South Asian diet



Fruit and Veg	Protein	Starch	Dairy & Alternatives
---------------	---------	--------	----------------------

Eat a variety of fresh or frozen fruit & veg.  
More the merrier!

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

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

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

### Fruit and Veg

Atleast 5 portions a day



Two hands is equal  
to one portion of  
vegetables



### Protein (animal/plant based)

2-3 portions a day



Fish



Eggs



Beans and Lentils



Your palm is equal to  
one portion of meat  
or fish (approx 100g)



Chicken, Lamb, Beef, Pork



Nuts & Seeds

### Starch

3-4 portions a day



Your fist is equal to  
one portion of starch



Wholewheat Bread



Rice



Spagetti



Wholewheat Noodles



Wholewheat Chapati



Wholewheat Flour



Couscous



Sweet Potato



Potato



Millet



Cassava



Taro



Green Banana





**Give us feedback on this guide using this QR Code**



## 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

