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Healthier Options Norfolk

Healthier options **Training aid catering** **businessess**

Eating fruit and vegetables

Most people do not eat enough vegetables, salad and fruit. The government has set a target for us to eat at least five portions of different fruit and vegetables each day. A portion is about 80g however as an easy guide it is about as much as you can hold in your hand. The fruit and vegetables can be fresh, frozen or tinned (without added sugar or salt). One portion of fruit could be fruit juice. Potatoes do not count here but count as part of the healthy carbohydrate part of your diet.

Eating less sugar

Most people in the UK eat too much sugar. Consuming sugary foods and drinks can cause tooth decay. Many foods that contain added sugars can also be high in calories, so eating too many can lead to people being overweight.

Eating less salt

People in the UK eat too much salt. Every day in the UK, 82 per cent of men and 65 per cent of women eat too much salt. Adults (and children 11 and over) should have no more than 6g salt a day. Younger children should have even less. Eating too much salt can raise your blood pressure. And people with high blood pressure are more likely to develop heart disease or have a stroke than people with normal blood pressure.

Carbohydrates

Starchy foods such as bread, cereals, pasta and potatoes are important in the diet. They are a good source of energy and nutrients. Wholegrain varieties are best as they have more nutrients and are digested more slowly giving a gradual release of energy.

Water

In the UK adults should be drinking about 1.2 litres (approx 2 pints) of water a day.

Allergens

A small number of people are allergic to certain foods eg, gluten and nuts. If customers do suffer from food allergies they need to know what is in your foods or know who to ask, never guess. Getting it wrong can be deadly.

If you are interested in finding out more, please contact:

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