

HEALTHY EATING

FATS AND SUGARS

A vital source of energy for the body, but too much fat and sugar will see you gain weight. This can lead to obesity, which increases your risk of type 2 diabetes.

WHAT ARE CALORIES?

Calories are a measure of how much energy food or drink contains. The daily amount of energy a person needs depends on various factors including age, lifestyle, size and even medication.

COUNTING CALORIES

Health experts say that an average male needs around 2,500 calories a day to maintain his weight. For females, this average drops to 2,000 calories a day.

KEEPING A BALANCED CALORIE COUNT

Balancing the calories you consume through food and drink with the amount of calories you burn off through physical activity helps maintain a healthy weight.



For more information on eating a healthy balanced diet, please visit your JLR Occupational Health Department.



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EATING A HEALTHY BALANCED DIET

A HEALTHY DIET IS A SIMPLE DIET.....

A balanced diet should be based upon eating of the five food groups:

- Fruit and vegetables.
- Starchy foods, such as rice, pasta, bread and potatoes.
- Meat, fish, eggs and beans.
- Milk and dairy foods.
- Foods containing fat and sugar.

FRUIT AND VEGETABLES

A great source of vital vitamins and minerals, health experts suggest you eat five portions of fruit and vegetables every day. One piece of fruit or three heaped tablespoons of vegetables is considered to be one portion. People who eat five portions of fruit and veg a day are at lower risk of heart disease, stroke and some cancers.

STARCHY FOODS

Found in bread, cereals, potatoes and pasta, starchy foods should make up roughly one third of a healthy daily diet. They provide energy, are the main source of nutrients in your diet. Essentially, they're the fuel for the human body.

PROTEIN

Lean cuts of meat, fish, eggs, nuts, seeds and beans are good sources of protein, which is essential for the growth and repair of the body. Protein-containing foods also contain vitamins and minerals such as zinc, iron and vitamin B.



DAIRY

Milk and dairy foods, like cheese and yoghurts, are rich in protein. They also contain calcium, which helps keep your bones healthy. Healthier alternatives include semi-skimmed milk, skimmed milk, lower-fat hard cheeses or cottage cheese, and lower-fat yoghurt.

TIPS ON MAINTAINING A HEALTHY WEIGHT

- We often eat more than we need. It is estimated that the average person eats 10 per cent more calories than they actually need each day.
- Try swapping high-fat or high-sugar foods for healthier alternatives.
- It's not just food. Drinks can be high in calories too – particularly alcohol.
- Experts say adults should complete a minimum of 150 minutes of moderate intensity aerobic activity a week. This means an activity that causes your heart rate to rise.

