

THE WHEEL *of good health*

Use the Wheel of Good Health to choose balanced meals and snacks. Dietitians world-wide recommend this as the healthiest way to eat. Learn more about each food group with this handy colour coded guide.

FRUIT AND VEGETABLES

Do your health a daily favour and enjoy five or more portions of fruit and vegetables. Why? Because people who do find it easier to stay in shape, and have less risk of developing health problems such as heart disease, cancers and cataracts. Fruit and vegetables even help to keep bones strong. It's the vitamins, minerals, fibre and protective phytochemicals (compounds in plants that may benefit our health) in fruit and vegetables that makes them so good for us.

A portion is: 2 tablespoons vegetables, 1 tablespoon dried fruit, small bowl of salad, 3 tablespoons stewed or canned fruit, medium piece of fruit e.g. orange, apple, banana, small glass of pure fruit juice.

TIP *If fitting in five sounds difficult, remember fresh, frozen, canned, dried and juiced fruit and vegetables all count. For the best health protecting mix, choose a variety of different coloured fruit and vegetables.*

MEAT, FISH, EGGS, PULSES AND MEAT ALTERNATIVES

Meat, fish and vegetarian alternatives are especially important for protein, iron, zinc and B vitamins. Include 2 moderate servings each day, and watch fat intake by choosing lean meat (or trim fat) and using low fat cooking methods, for example, grill, bake, poach, char-grill, stir fry, microwave or barbecue.

Aim to have fish twice a week, including one portion of oily fish such as salmon, sardines, mackerel or trout. Oily fish provide omega 3 fats which are especially good for keeping your heart healthy.

Experiment with pulses (peas, beans, lentils), tofu, nuts and seeds. They provide fibre and phytochemicals, as well as important sources of nutrients such as protein and iron. Use them as either an alternative to meat (vegetarians take note) or to make meat go further in a dish. For example, use a mixture of lentils and minced beef / lamb in shepherds pie.

TIP *To increase absorption of iron from non-meat foods, include vitamin C-rich vegetables, fruit or juice with meals e.g. orange juice, cabbage, broccoli, peppers and berries.*

FOODS CONTAINING FAT AND SUGAR

It's fine to include some foods like gluten-free biscuits, crisps, chocolate and sugary drinks, but try not to overdo it, especially if you are watching your weight. Use cooking oils, dressings, mayonnaise and spreading fat sparingly too, as they are high in fat and calories.

TIP *Use a teaspoon to measure out cooking oil rather than pouring straight from the bottle. Also remember, while olive oil is a healthy choice, like all oils, it is very high in calories.*



POTATOES, RICE, GLUTEN-FREE BREAD, CEREALS, PASTA & FLOUR

Base meals on potatoes, rice, gluten-free bread, crispbreads, cereals, pasta or other gluten-free grains. These foods are rich in starchy carbohydrate, naturally low in fat and packed with healthy energy. Include some high fibre gluten-free breads and cereals, jacket potatoes, brown rice or buckwheat daily for extra fibre, vitamins and minerals. Sometimes people with coeliac disease find that high fibre foods upset them. If that is a problem for you, seek advice from your doctor or dietitian.

Don't be put off by thinking these foods are fattening. They aren't - unless you fry them, add creamy sauces or pile on the butter! Opt for baked, boiled or mashed potatoes, steamed rice, gluten-free pasta with vegetable-based sauces and a thin spread on bread.

TIP *If you fancy chips occasionally, choose thick cut oven chips as they are lower in fat than thin fries or chip shop chips. Check that the variety is gluten-free.*

MILK AND DAIRY FOODS

Milk and dairy foods are important providers of bone-strengthening calcium, as well as a range of other vitamins and minerals. To cut saturated fat, but not calcium, buy lower fat versions, for example, semi skimmed milk, low fat gluten-free yogurt and custard, Brie or half fat Cheddar.

People with coeliac disease must take special care to protect themselves from osteoporosis. The best way to do this is with a lifelong calcium-rich balanced diet, combined with regular weight bearing activity, for example, walking and dancing.

Have 2-3 servings of dairy foods daily. A serving is: a glass of milk, 35g cheese, small pot gluten-free yogurt or custard. Include other good sources too, for example, canned sardines, calcium fortified orange juice, pulses, gluten-free bread, leafy green vegetables, dried figs, tofu, almonds.

Vitamin D is needed to absorb and use calcium in the body. It is found in oily fish, cheese, eggs and fortified foods such as margarine, but most comes from the action of gentle sunlight on the skin.

If you are not sure if you are getting enough calcium or vitamin D, or do not like dairy foods, then seek advice from your dietitian.

TIP *Use a small amount of a strongly flavoured Cheddar or Parmesan cheese - to make a little go a long way in cooking and sandwiches. Grating cheese makes it go further still.*