

Healthy eating and being physically active are essential for good health. What you eat can either protect you or increase your chances of getting heart disease or having a stroke.

The key to healthy eating is to eat a wide variety of foods. Using the Food Pyramid as a guide will help make sure you get all the vitamins, minerals and goodness you need from your food. Aim to eat regular meals throughout the day.

Choose most foods from the bottom two shelves, smaller amounts from the next two shelves and a very small amount from the next shelf. Foods on the top shelf should be avoided as they are high in fat, salt and sugar and not necessary for health.

Does your diet add up?

Keeping a food diary for just three days can help you see how your diet compares to healthy eating guidelines. Filling out a food diary will also help understand patterns in your eating that you may not have noticed before. Write down everything you eat or drink during the day. Then add up the number of servings for each of the six shelves and compare them with the recommended servings on the Food Pyramid. How did you do? What changes could you make?



Why Keep a Food Diary?

Keeping a record of everything that you eat and drink for a period of time can help you to identify areas that you might like to change.

Being aware of the circumstances in which you consume food can help you realise trigger situations where you may eat for reasons other than hunger. Some people eat out of habit, boredom, for emotional reasons or because companions are doing so.

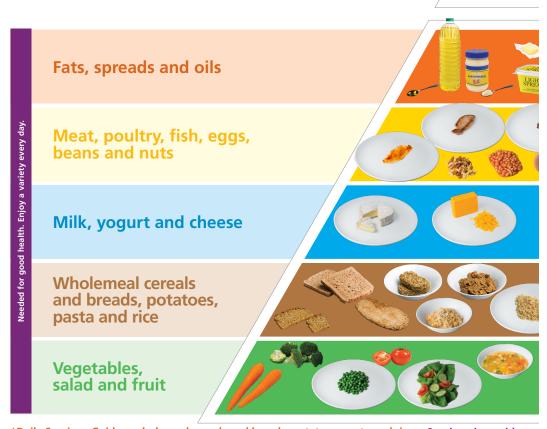
It can help you to keep track of any changes you've made to your diet and identify areas of success.

Top Tips on Keeping a Food Diary

- Fill in the diary as you go try not to wait until the evening or the next day before you fill it in.
- Write down everything you eat or drink, no matter how big or small.
- Aim to keep the diary for five days and try to include at least one weekend day as our eating patterns often vary between weekdays and weekends.
- Be as specific as possible. Try to include the portion sizes and cooking methods for example.
- Include any alcohol that you drink as it is high in calories.
- Think about why you are eating. Many people eat when stressed, bored or upset. If you are eating for any reason other than hunger think about why this is and write it down- it can help you see what might be triggering your eating.
- Try comparing your daily intake against the Food Pyramid recommendations. Did you eat the recommended number of servings from each shelf of the Food Pyramid and in the recommended portion size?

Use the Food Pyramid to plan your daily healthy food choices everyday and watch your portion sizes.

Foods and drinks high in fat, sugar and salt



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)	Inactive	Teenager (13–18)	Adult (19–50)	Adult (51+)
*	3–4	4	4–5	3-4	*	3	3–4	3
Ť	3-5	5–7	5-7	4-5	Ť	4–5	4-6	4
There is no	guideline	for inactive cl	nildren as it	is essential	that all childre	n are active		

Average daily calorie needs for all foods and drinks for adults

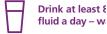
Active 2000kcal Inactive 1800kcal Active 2500kcal Inactive 2000kcal

Serving size guide



Cereals, cooked rice and pasta, and vegetables, salad and fruit Use a 200ml dispos plastic cup to guide

serving size.



Source: Department of Health. December 2016.

www.healthyireland.ie



Food Pyramid for adults and children aged 5 years and over.



I

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.





Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.





5 for children age 9–12 and teenagers age 13–18 Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.





Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*





Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

de

ooked asta, ables, fruit nl disposable to guide



Cheese
Use two
thumbs, width
and depth
to guide

serving size.



Meat, poultry, fish The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.



Reduced-fat spread Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.



Oils

Use one teaspoon of oil per person when cooking or in salads.

least 8 cups of ay – water is best



Get Active

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Food Diary - Try it for just three days



Date	Meal/	What I ate/drank	Food Grou	ps. Tick all t	hat apply.				Comments e.g. Where was I?
	time of day	(Types and Fruit and Wholemeals Milk, yogu vegetables and cheese	Fruit and vegetables	Wholemeals	Milk, yogurt and cheese	Meat, fish, eggs	Fats and oils	High in fat/sugar	Who I was with? Was I hungry?

Date	Meal/	What I ate/drank	Food Grou	ps. Tick all t	hat apply.				Comments e.g. Where was I?
	time of day	(Types and Fruit and Wholemeals Milk, yogur Amounts) regetables and cheese	Fruit and vegetables	Wholemeals	Milk, yogurt and cheese	Meat, fish, eggs	Fats and oils	High in fat/sugar	Who I was with? Was I hungry?

fallen into – for example do you eat more snacks when you are stressed, or do you forget to have breakfast or your fruit Once you've completed the food diary, use it to see which areas you need to work on. Look out for any habits you have and veg at weekends? Don't worry too much about what the results look like at first, just be honest with yourself and you'll be taking the first step to eating well for your health.

For more information and advice about healthy eating, check out www.irishheart.ie

- Be a healthy weight
- Choose at least 5-7 portions of fruit and vegetables everyday
- Eat less fatty foods
- Eat less salt and processed foods
- If you drink, keep within the recommend limits
- Be physically active for at least 30 minutes 5 days a week.
- If you smoke, try to stop. Contact the National Heart and Stroke Helpline Freephone 1800 25 25 50.
- Have a regular blood pressure check with your doctor.



The Irish Heart Foundation leads the fight to save lives and make life better for those suffering from heart disease and stroke.

Irish Heart Foundation
17-19 Rathmines Road Lower, Dublin 6
www.irishheart.ie

National Heart and Stroke Helpline Freephone 1800 25 25 50 Mon-Fri 9am-5pm, Thur til 7pm





