



A healthy and balanced diet with good nutrition prioritises your wellness by fuelling your body with the nutrients it needs to help you be at your best.

It helps you live longer, lowers your risk for serious health problems such as heart disease, type 2 diabetes, and obesity and has a huge impact on your mental and physical wellbeing.

### It's all about balance



A healthy and balanced diet should include a variety of nutrient-dense, natural foods such as lean meats, fish, fruit and vegetables, and take care to limit processed foods like sweets, fizzy drinks and sugary cereals:

- **Starchy foods** such as potatoes, bread, rice, pasta and cereals are our main source of carbohydrate and have an important role in a healthy diet. To boost your nutrition be sure to include high-fibre and wholegrain options.
- **Protein**, such as skinless chicken and turkey have a relatively low-fat content and are a great source of protein. There are also plenty of vegan options such as quinoa, pulses, nuts and seeds, tofu and lots of vegetables, particularly broccoli.

### Each day, aim for:

- 5+ portions of fruit and vegetables
- 3-4 portions of starchy foods
- 2-3 portions of protein foods
- 5+ portions of dairy/alternatives
- Small Amounts of unsaturated oils and spreads



- **Try to include at least two portions of fish a week**, including one portion of oily fish such as salmon or mackerel. Oily fish contain all-important omega-3 essential fatty acid, which is important for heart and brain health as well as mood regulation. Cod is also one of the healthiest white fish around. It's high in protein, low in fat and a good source of vitamin B12, which is needed for energy and nervous system support and may be important in helping prevent depression.
- **When it comes to dairy or dairy alternatives**, aim for reduced fat options and make sure any added fats (oils and spreads) are unsaturated.

### Did you know?

- A skinny, instead of full-fat, latte saves 90kcal. If you do that five times a week for a year, you'll save 23,400kcal
- Skimmed milk on cereal instead of semi-skimmed can save 8,320kcal in a year
- Having reduced-fat spread instead of butter in your sandwich five days a week for a year saves up to 13,000kcal
- The skin on chicken can account for 80% of its fat content.



### Foods to stabilise your hormones

Avoid foods that contain hormones especially non-organic dairy, farm raised fish which are fed unnatural diets and factory farmed animals. Additional hormones used in food production (including growth hormones), confuse the body and interfere with normal hormone production, especially oestrogen levels.

## Nutrition Top Tips

### Slow down

It takes about 20 minutes for your brain to receive messages from your stomach which is why eating more slowly may give it the time it needs to know you're full.

### Don't shop without a list

By planning ahead and sticking to a list, you'll not only buy healthier items to keep around the house, but you'll also save money.

### Eat your fruits instead of drinking them

Even real fruit juices lack the fibre and chewing resistance provided by whole fruits. This makes fruit juice much more likely to spike your blood sugar levels, leading you to consume too much in one go.

### Eat your greens first

A good way to ensure that you eat your greens is to enjoy them as a starter. This may cause you to eat less of other, perhaps less healthy, components of the meal later.

### Replace your favourite fast-food restaurant

Eating out doesn't have to involve unhealthy foods. Consider upgrading your favourite fast food restaurant to one with healthier options.

### Try at least one new healthy recipe per week

This can change up your food and nutrient intakes and hopefully add some new and nutritious recipes to your routine.

### Stay away from diet foods

Many diet foods end up containing more sugar and sometimes even more calories than their full fat counterparts. Instead, opt for whole foods like fruits and vegetables.

### Choose healthier cooking methods which include...

...baking, grilling, poaching, pressure cooking, simmering, slow cooking or stewing.



| Nutrition Facts           |                 |
|---------------------------|-----------------|
| 4 servings per container  |                 |
| <b>Serving size</b>       | 1 cup (227g)    |
| <b>Amount per serving</b> |                 |
| <b>Calories</b>           | 280             |
|                           | % Daily Values* |
| Total Fat 9g              | 12%             |
| Saturated Fat 4.5g        | 23%             |
| Trans Fat 0g              |                 |
| Cholesterol 35g           | 12%             |
| Sodium 850mg              | 37%             |
| Total Carbohydrate 34g    | 12%             |
| Dietary Fibre 4g          | 14%             |
| Total Sugars 6g           |                 |
| Includes 0g Added Sugars  | 0%              |
| <b>Protein</b> 15g        |                 |
| Vitamin D 0mcg            | 0%              |
| Calcium 320mg             | 25%             |
| Iron 1.8mg                | 8%              |
| Potassium 510mg           | 10%             |

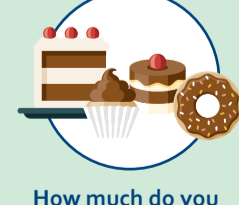
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Understanding food labels

- 1. Serving Information**  
Pay attention to the serving size, especially how many servings there are in the food package.
- 2. Calories**  
The number of servings you eat determines the number of calories you actually eat. Eating too many calories per day is linked to obesity.
- 3. Nutrients**  
Look at section 3 in the sample label. It shows you some key nutrients that impact your health.
- 4. The Percent Daily Value (%DV)**  
More often, choose foods that are higher in %DV for dietary fibre, vitamin D, calcium, iron, and potassium and lower in %DV for saturated fat, sodium, and added sugars.

## Quiz Time!

Quick quizzes to test your knowledge



## Time to learn more

[Why everything you've been told about food is wrong](#)

[How to personalise your diet for increased energy and better health](#)

[Gut health – everything you need to know](#)

## Need extra support?

- Fleet:** Visit the Medical Centre or contact your Crew Assistance Programme (CAP)
- Shore:** Speak to your GP, Occupational Health or your Employee Assistance Programme (EAP)



Our **Mental Health First Aiders and Champions** provide support and signpost you to additional help if and when you need it.

