

Healthy Eating Guidelines

_____ Club aims to create a supportive environment in which it promotes healthy eating for all its members and the wider community, to make the Association a healthier place for everyone to enjoy. The club is committed in supporting a whole organisational approach to embed and implement the following healthy eating guidelines.

The guidelines describe the types and amounts of foods people need for healthy eating. It is important to note that these are general guidelines and can be adapted by clubs/ teams to meet their needs. Everyone has different food needs depending on body size, age, gender, underlying medical conditions and activity level. Following these guidelines and being active gives people the best chance of being healthy and well.

Top Tips:

❖ Choose real foods

The majority of food we eat should be in the form of unprocessed 'real foods' such as fresh meat, fish dairy, nuts, seeds, fruit and vegetables. Often processed foods such as readymade and tinned foods lack nutrient.

❖ 5 a day

More is Better- have at least 5 servings of fruit, vegetables or salad every day

❖ Brown is best

Chose wholemeal cereals, breads, potatoes, pasta & rice (carbohydrates) for fibre & healthiest calories

For healthy eating people should base most of the food they eat on this group

❖ Some low- fat dairy foods

Low- fat milk, cheese and yogurts options have the same amount of calcium & other nutrients with fewer calories

❖ Protein Power (Meat, poultry, eggs, fish and alternatives)

Try to eat fish at least twice a week- Oily fish is best

Remove all visible fat from meat and all skin from poultry

Peas, beans and lentils are low-fat, high fibre alternatives to meat

❖ Less is More

Avoid adding salt to food during cooking & at the table. Use pepper, herbs & lemon/lime juice to add flavour.

Limiting the intake of processed foods & chose reduced- salt options

❖ NOT too MUCH and NOT too OFTEN

Only have foods that are high in calories, fat & sugar (biscuits, cakes, savoury snacks & confectionary) occasionally- NOT every day

All types of fats, oils & spreads are high in calories- use as little as possible & chose a reduced- fat spread where possible

❖ Stay hydrated

At least 8 medium sized glasses of water every day- this may need to be increased a little when playing sport or on a hot day

❖ Breakfast is a Big Deal

A healthy balanced breakfast will kick-start your day, helping you to concentrate and fuel your morning

❖ Cooking methods

Grill, bake, steam or boil foods instead of frying or deep frying

❖ Variety is the spice of life

Eat regular meals which contain a variety of foods- the basis of all meals should be carbohydrates & vegetables as well as containing protein.

You shouldn't cut out any key food groups unless you have a medical reason to do so and your GP is informed for example an allergy to certain foods.

❖ Serving Sizes

Chose smaller portions and add plenty of vegetables, salad and fruit.

Use the width and depth of your palm (without fingers & thumb) to estimate how much meat, poultry or fish you need

Use a 200ml disposable plastic cup to guide portion sizes of cereals, cooked rice & pasta, vegetables, salad & fruit

Use a matchbox to guide one serving of cheese.

Healthy eating in a nutshell

- ❖ Plenty of breads, potatoes, pasta & rice (wholegrain)
 - ❖ Plenty of fruit & vegetables
 - ❖ Some milk, cheese & yogurt - chose low fat
 - ❖ Some meat, poultry, fish, eggs & alternatives
 - ❖ Very small amount of fats & oils
- ❖ A very small amount of foods high in fat, sugar & salt

Our club does not recommend:

- ❖ The use of sports supplements and nutritional products (protein & carbohydrate powders/ meal replacements) claiming to enhance performance
- ❖ The use of sports drinks, bars and gels
- ❖ Bringing fizzy drinks, sugary drinks, crisps, chocolate & other junk food to training or games
- ❖ Accepting sponsorship from unsuitable food suppliers who hold opposing views

Our club is committed to following this healthy eating guide but we are not responsible for the diets of members



Club Chairperson

Club Health & Wellbeing Officer

Date