

# LEVEL 1 NUTRITION

## THE 80/20 PRINCIPLE



Meat & Fish - chicken, tuna, salmon, white fish, prawns, pork, lamb, beef, lean mince are all good sources of protein - mix them up to ensure variety.

Eggs - boiled/poached/scrambled or fried are another good source of protein as well as containing numerous vitamins and minerals.

Herbs, spices & seasonings - dried and fresh seasonings can pack in flavour (just keep an eye on the salt content).

Fruit & Vegetables (includes both fresh and frozen) - eat a variety of colours and you'll obtain a good mix of vitamins and minerals.

Wholegrains, beans and pulses - brown rice, brown pasta, brown bread, oats, lentils etc., are all good sources of carbohydrates, fibre and protein.

Dairy products - milk, cheese, yoghurt - are healthy sources of fat, protein and calcium.

Don't eat too much of any one food type, balance, variety and portion control is the key!

# 80%

**Eat freely.**  
These foods are packed with protein and fibre and will fill you up.

**Eat in moderation or measure portions.**  
Carbs and fats are tasty and easy to over consume

**Limit these foods to 20% or less in your diet. There's no need to cut any food out in its entirety (unless you've been advised to by your Doctor) but in excess amounts these foods are unhealthy.**

# 20%



Processed foods and takeaways are often high in calories, fat, salt and sugar, additives and preservatives, they're also often tasty and easy to consume in large quantities.

Trans fats - these are man-made fats and are the true unhealthy fat - look for the words 'partly hydrogenated' on the ingredients list.



Baked/fried foods - pasties, chips cakes, donuts - these are often high in fat and sugar.

Alcohol and fizzy drinks - these are often high in calories and sugar.