

A Healthy Eating Guide for the Family



Eat Well!

Balance on a plate is everyday health



Osakidetza



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Vitoria-Gasteiz, 2020

Healthy Eating Plate

50%

FRUIT AND VEGETABLES



25%

PROTEINS



CARBOHYDRATES

25%



Think about the proportions on this plate when planning breakfast, lunch and dinner.

A healthy, balanced diet contributes to a better performance at work and at school and provides more energy for carrying out your daily activities. Use the healthy eating plate as a guide for a balanced, healthy diet.

Try to ensure that **of all of what you eat every day**, half is **fruit and vegetables**, a quarter is **simple or complex carbohydrates** and the remaining quarter is **healthy proteins**.

Aim for this healthy balance every day!

50%



1. Fruit and vegetables

Choose a rainbow of fruit, vegetables and green leafy vegetables every day. The more colour and more **variety** the better.

Always try to use what is in season.

2. Cereals and potatoes

When eating rice, oats, wheat, corn or their by-products (bread, pasta, etc.), it is very important that these should be **wholemeal** as they provide **fibre, iron** and **vitamin B**.

Refined cereals such as white bread or rice hardly provide any fibre and behave in a similar way to sugar causing high glucose spikes in the blood. It is therefore advisable to reduce their intake.

Even though potatoes are vegetables, they are included in this food group due to their high carbohydrate content.

25%

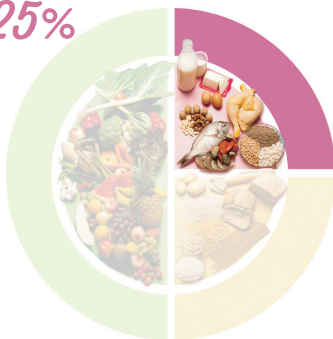


3. Food rich in protein

The best choice is:

- **Pulses** (lentils, chickpeas, beans, soya...).
- **Fish** (a variety of blue and white fish).
- **Eggs.**

25%



- **White meat** (chicken, turkey, rabbit...).
- **Dried fruit.**

Vary your consumption during the week. If you combine **pulses** with cereals (for example, lentils or chickpeas with rice) you will get a higher intake of better quality proteins.

If you have no health problems, you can have one **egg** a day. You should regularly include blue **fish** in your diet (anchovies, sardines, mackerel, tuna, long finned tuna, horse mackerel, salmon, etc.). Remember that children up to 12 years of age should limit their consumption of fish that has been most contaminated by mercury (swordfish, shark, red tuna and pike) to 50 g/a week or 100 g/every 2 weeks .

Dried fruits are an excellent source of protein as well as being delicious and nutritious. You should choose dried fruit with no added salt.

With regard to the consumption of **dairy products**, try to have only 1 or 2 a day, always choosing the natural variety as the others contain excessive amounts of sugar.

Try to eat red meat **only occasionally**.

4. Oils and fats

Prioritise the use of **virgin olive oil or other types of virgin oils** when cooking, at the table, in salads, on toast, (unrefined not refined).

Limit the use of butter and margarine.

Avoid preparing sauces with excess fat: cream, butter, lard, etc.





5. Water

Always choose water as a drink.

Avoid sugary drinks (fruit juices, soft drinks, fizzy drinks, energy drinks, sweetened teas etc.).

Minors should not consume **drinks that contain caffeine.**



6. Salt

Limit the consumption of salt to **1 small spoon daily**, ensuring that it is iodized.



7. Sugar

If you follow the healthy eating plate recommendations, the intake of sugar is sufficient for the body to acquire all the sugar that it needs. It is not beneficial to add more sugar. On the contrary, **it is very harmful for your health.** An excess of sugar in your diet can cause an **increase in weight, diabetes or cardiac diseases.** As well as greatly increasing the risk of **tooth decay.**

There are two ways of consuming sugar in your diet. One is the sugar you consciously add from "the sugar bowl", which you can always reduce or eliminate. And the other is the **hidden sugar in many food-**

stuffs and drinks, which you unconsciously consume on a regular basis, such as that which is found in sugary drinks and in processed foods, like breakfast cereals, precooked dishes, snacks, sauces, industrial baked goods or dairy desserts.

You can find out the amount of sugar contained in a foodstuff by **checking its list of ingredients**. The ingredients appear in descending order of their quantity. Therefore, as a general rule try to avoid the consumption of foodstuffs in which sugar appears in the first or second place.

Keep in mind that sugar as an ingredient does not always appear as sugar on the label. Sugar can be found in the ingredients of packaged foods under other names such as, brown sugar or *sugar cane, glucose, fructose, sucrose, dextrose, maltose, invert sugar, honey, concentrated fruit juices, agave syrup, fruit syrups or sugar cane syrup, malt syrups or molasses, etc.*

Mid-Morning Snack and Mid-afternoon Snack

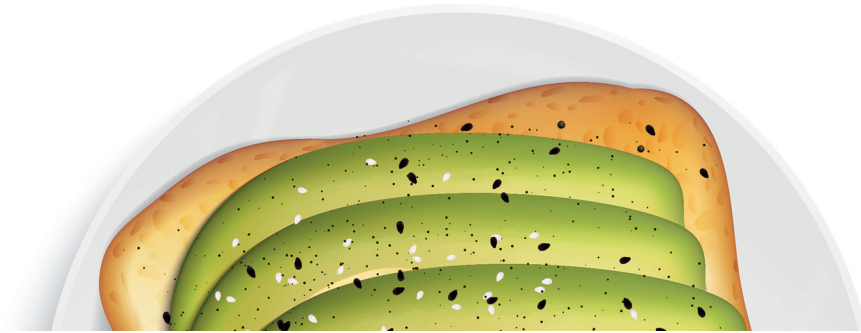
The mid-morning and mid-afternoon snack can include those foods that you need to complete the proportions of the healthy eating plate.

The best way to do this is to choose one or more portions of a **fruit or vegetable** (a piece of whole fruit or cut in pieces, fruit salad, fruit or vegetable smoothies with no sugar added, chopped carrot or celery or any other vegetable).

If you are still hungry, you can add proteins or complex carbohydrates. Healthy options could be:



- Dried fruit.
- A sandwich made with wholemeal bread. The filling could be: tomato, lettuce, avocado, cheese, boiled egg or omelette, salmon, hummus ...
- Natural yoghurt (sugar-free). That way if you want to sweeten it you can control the amount of sugar you add.
- Sugar-free cereal crackers.
- **Any other option included in the healthy eating plate** (there are more options in the recipe section).



If you decide to have chocolate, it is better to choose some with 75% or more as it contains less sugar.

Try not to eat between meals, especially food that is not on the healthy eating plate.

The consumption at mid-afternoon snack time of sweets, industrial baked goods, biscuits, sugary drinks (juices, yoghurt drinks, etc.), cold meat or cold cuts (cooked ham, salami, bologna, cooked turkey, etc.) should only be **very occasional**.





VERY IMPORTANT!

On a daily basis,
avoid having:

- **Precooked products** ready to be heated up and eaten (pizzas, meat and fish pasties, croquettes, soups, etc.).
- **Sugary drinks:** fruit juices, soft drink, shakes or yoghurt drinks, etc.
- Sweets, industrial baked goods and biscuits.
- **Salty snacks.**
- **Red meat and processed meat:** sausages, cold meat, bacon/lard, etc.
- **Fried food:** choose an alternative cooking method: oven, steaming, grilling, etc.

Alcohol

If you are a minor, never have alcohol.

Do not even try it, even if you have been offered some, perhaps as an excuse because you are attending a celebration.

Your neurological development is not yet complete and alcohol has a negative impact on your brain. Starting to drink as well as been harmful in itself, causes (physical, emotional and social harm). In the long term, it leads to the consumption of other addictive substances that are damaging to your health.

If you are an adult, try to avoid the consumption of alcohol.

There is no evidence that the consumption of alcohol can be good for your health in any way. On the contrary, alcohol consumption is associated with many serious illnesses and unwanted situations.

Doing the shopping and cooking, an opportunity to spend time with the family

Adults can encourage the younger members to participate in drawing up the daily menu and cooking the meals.



They can also join in when **doing the shopping**, in that way, they can learn how to read the product labels and **choose the healthiest foodstuffs**: those that have **less sugar, salt and fat** or partially hydrogenated vegetable oils.

And when you are eating, switch off the television, computer, mobile or any other device.

Choosing healthy foods and sharing meals with those close to us is the best gift that you can give so that we can all feel better and healthier.

Children's **appetite can vary** depending on the different phases of their development. There are times when their growth slows and their nutritional demands lessen. On the other hand, there are times when their appetite increases in answer to the demand for nutrients from their organism, they eat plenty, and they enjoy it. It is important to understand and respect this situation. Parents who worry in excess about food can end up creating an unhealthy dependence on something that should be normal and enjoyable.

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Handwriting practice lines consisting of 20 horizontal dotted lines.



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The background is a solid teal color. It is filled with numerous white line-art illustrations of various food items, including fruits like lemons, oranges, and apples; vegetables like bell peppers, eggplants, and carrots; and herbs like basil, rosemary, and dill. The illustrations are scattered across the page, creating a dense and vibrant pattern.

Eat Well!