

## Top tips and Myth-busters



### Fruit, Vegetables and Salads

**✓ Top Tip**  
Have up to 7 servings a-day!

**i Did you know?**  
More is better. These foods are rich in nutrients which protect against heart disease and cancer. They are also low in calories and help control body weight.

**! Myth-buster**  
Smoothies and fruit juices make it easy to add fruit and vegetables to your day. But, compared with whole fruits, salads and vegetables, they are lower in fibre and may contain added sugar. No matter how many you have, only one counts towards '5-a-day'.

### Cereals, Breads, Potatoes, Pasta and Rice

**✓ Top Tip**  
Choose wholemeal varieties which contain more fibre. This helps protect against bowel disease such as diverticular disease and colon cancer.

### Milk, Yogurt and Cheese

**✓ Top Tip**  
Choosing low-fat milk and yogurt are the best options from this food group.

**i Did you know?**  
All these foods are a good source of calcium, protein, vitamin B12, and riboflavin. Low-fat milk or yogurt provide these nutrients without the saturated fat.

**! Myth-buster**  
Remember 'low-fat' does not mean 'high-sugar'. But beware of desserts that look like yogurts – they contain a lot of added sugar and not much calcium or protein.




### Meat, Poultry, Fish and Alternatives

**✓ Top Tip**  
Cook without fats or oils to keep calorie intakes low. Remove skin from poultry and visible fat from meat. Limit processed meats such as sausages, luncheon meats, salami, cured meats that are high in salt, preservatives and fat.

**i Did you know?**  
Lean red meat is a good source of iron. Oily fish is a good source of vitamin D and special fatty acids. Pulses are best for low-fat, fibre-rich protein.



## Fats, Spreads and Oils

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-  **Top Tip**  
Choose a low-fat monounsaturated or polyunsaturated fat/oil and use as little as possible.
-  **Did you know?**  
Polyunsaturated and monounsaturated fat spreads and oils (corn oil, olive oil etc.) are better for health than saturated fat (butter, lard, suet), but they contain exactly the same amount of calories.
-  **Myth-buster**  
All types of fats and oils are very high in calories.



## Top Shelf High Fat, salt and sugar foods – not necessary for healthy eating

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-  **Top Tip**  
Only have these foods occasionally – not every day.
-  **Did you know?**  
The type of fat found in these foods can be harmful for heart health. Replacing these foods with high-fibre breads, cereals and potatoes is one of the best things you can do.



## Being Active

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-  **Top Tip**  
Active living promotes health and prevents disease. Everyone should be active.
-  **Did you know?**  
Living in today's world prevents people from being active. People who are not active need fewer calories.



## Vitamin D

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-  **Top Tip**  
Choosing oily fish one to two times a week is the best way of getting vitamin D. Talk to your pharmacist or doctor about taking a supplement.
-  **Did you know?**  
Most people in Ireland do not get enough vitamin D. The sunlight is too weak from October to March and people need to protect themselves against strong summer sunlight to prevent skin cancer.

## Salt

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-  **Top Tip**  
Do not give children the 'salt habit'. Do not add salt to their food during cooking and keep salt out of sight at the table. Flavour food with pepper, herbs and spices, lemon juice, vinegar.
-  **Did you know?**  
People's sense of taste becomes used to eating less salt, so after a few weeks it becomes much easier to enjoy food without salt.