

# Session 1 – Balanced Diet

## What are calories and the recommendations?

You have probably heard the word 'Calories' before, but what are they? A calorie also sometimes written as 'kcal' are a measure of the amount of energy in a food or drink.

The daily recommendation is:  
2000kcal - Women 2500kcal - Men

If you are trying to lose weight try to aim for 500 – 600kcal less than these recommendations. This is called a 'calorie deficit'. In simple terms you are taking in less energy.

The goal is:  
1400kcal - Women 1900kcal - Men

We will discuss this in more detail in session 4. Our programme does not just focus on calories. We aim for an overall healthy lifestyle. Throughout the 12 weeks we will learn about different topics that will support your weight loss journey, not just focusing on calories.

## Reference Intakes

Reference intakes shown below, are government guidelines about the amount of nutrients and energy required for a healthy balanced diet. They are not set targets and should be used as a guideline for the maximum amount you should have. You might have seen these on a food label before, but do not worry if you haven't we will be discussing Food Labels in session 6.

Nutrient	Reference Intake
Fat	70g
Saturates	20g
Carbohydrate	260g
Sugars	90g total (30g free sugars)
Protein	50g
Salt	6g

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## Macronutrients and Micronutrients

You may have heard of the term 'Macronutrient' and 'Micronutrient' before, but what do they actually mean?

Macronutrients are needed to give your body energy.  
We will talk more about these in session 3.

The three macronutrients are:

### 1) Fruit and Vegetables

- Make up half your plate
- Fresh, frozen, tinned, dried or juiced, all count (portion sizes vary)
- Fruit to Vegetable ratio: 2 fruit / 3 vegetables a day

### 2) Carbohydrates

There are two types of carbohydrate, simple and complex.

- Simple: Glucose (grains) Fructose (fruit), Galactose (dairy), Lactose (dairy), Sucrose (sugar cane and beet), Maltose (beer)
- Complex: beans, pulses, wholegrains and vegetables

### 3) Protein

- Needed for growth and repair
- Includes meat, fish, eggs, lentils, nuts and dairy products

## Micronutrients

- Vitamins and minerals are essential
- Prevents health conditions caused by deficiencies



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## Eatwell Guides

To have a healthy balanced diet it is important to follow the Eatwell Guide. This explains all of the food groups we should be eating and how much of each group we should have in our diet.





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## Vegetarian Eatwell Guide



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## Vegan Eatwell Guide





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## South Asian Eatwell Guide



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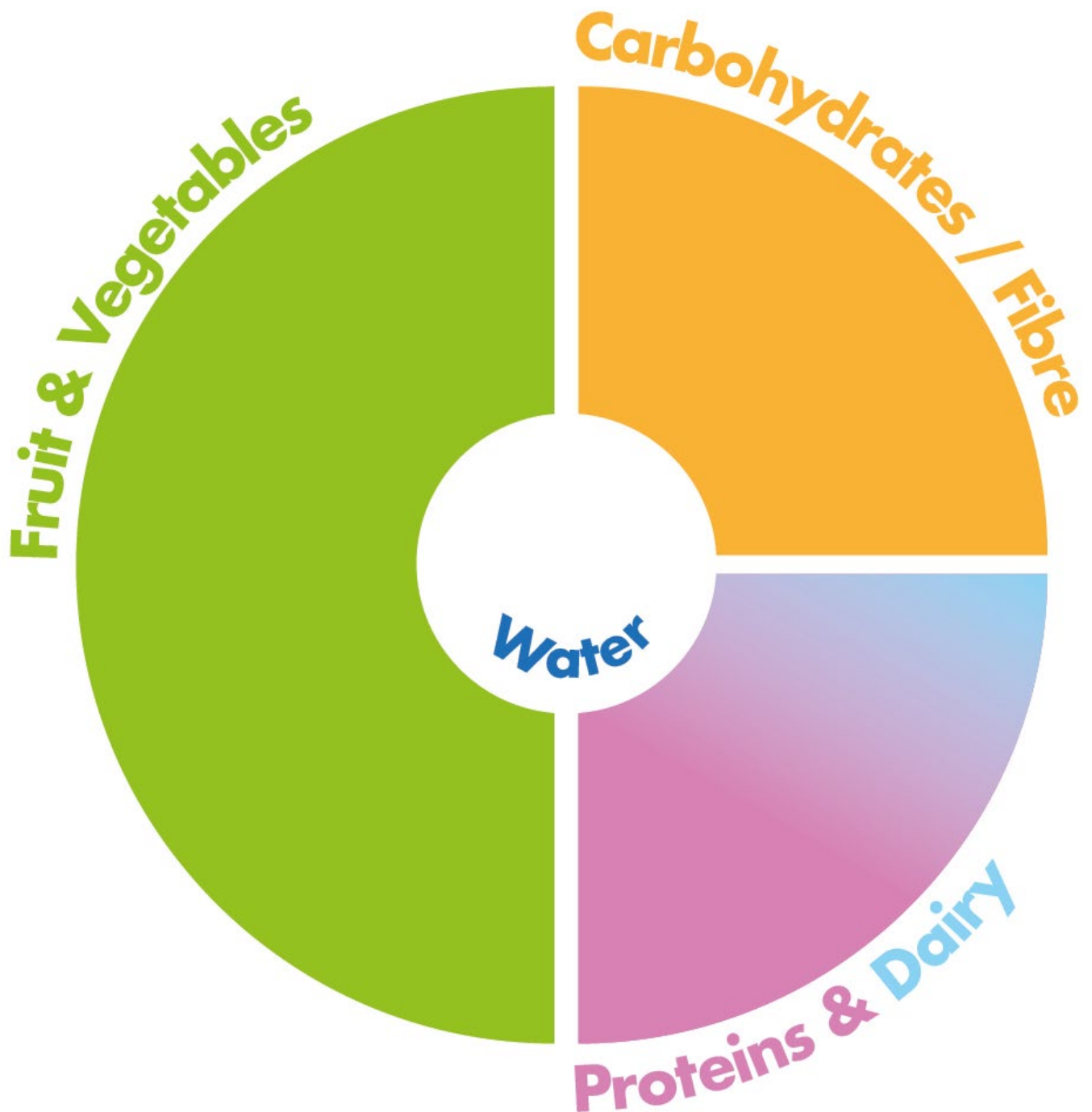
## African and Caribbean Eatwell Guide



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## HELP Plate

Make your own healthy balanced meal





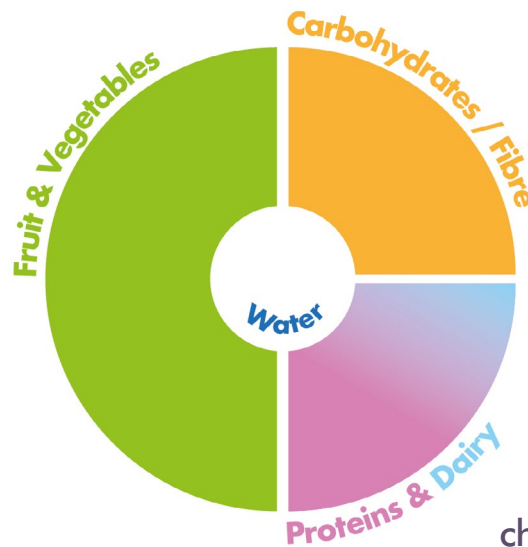
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HELP Plate questions...



Do you need help with cooking healthy meals, – such as support with pots and pans, utensils, chopping board, etc?

What can you do to make healthy eating more enjoyable?



Do you need help to change your home or work environment to support you to eat healthily?



What do you need to do to keep eating healthily and sticking to your goals?

