

CNRS Dietitian's Top 10 Tips

1. Increase fruit and vegetable intake – aim for 5-7 or more portions daily
2. Increase legumes intake (peas, beans and lentils) – aim to include in most meals daily
3. Aim for starchy carbohydrates at every meal (bread, pasta, rice, potatoes, cereals) and preferably wholegrain/wholemeal sources
4. Increase intake of fish – aim for 3 portions of fish per week, 2 of which should be oily fish (salmon, mackerel, sardines, trout or fresh tuna)
5. Reduce intake of red or processed meat (lamb, beef, pork, bacon, sausages, ham) – aim for 2 or less portions per week
6. Aim to consume 2-3 portions of dairy (cheese, yogurt, milk) a day – choose low fat options where possible
7. Aim for 2-4 tablespoons of extra virgin olive oil per day as your main source of fat for meals and when cooking
8. Reduce your intake of processed foods that are high in fat and sugar (e.g. cakes, crisps, pastries and confectionary)
9. Flavour food with spices, herbs, garlic and onions instead of salt
10. Aim to consume 6-8 glasses of fluid daily to prevent dehydration. Avoid high sugar drinks and limit fruit juice to 150mls daily