

What is healthy eating?

When people experience disordered eating their eating invariably deviates from what is “healthy”. Indeed, there is often great confusion about what healthy eating actually is. Quite simply, healthy eating involves eating a food until an appropriate level of fullness; eating takes place on a regular basis and includes a variety of food.

Regularity	Variety	Sufficiency
<p>*3 meals per day PLUS 3 snacks per day</p> <p>*Regular intervals (every 3 to 4 hours)</p> <p>*Generally not eating between planned meals/ snacks</p> <p>*No skipping meals or compensating</p>	<p>*All food groups covered, including:</p> <p>--fruit and vegetables</p> <p>--meat, fish and alternative sources of protein (such as eggs, beans, nuts)</p> <p>--foods containing fat</p> <p>--foods containing sugar</p> <p>-- milk and other dairy products (such as yoghurt and cheese)</p> <p>--bread, other cereals and potatoes</p> <p>*Food that is enjoyed is eaten</p> <p>*There is no such thing as “bad” foods (relabel these as “sometimes foods”)</p>	<p>*Enough food to maintain good health and an appropriate weight</p> <p>*Enough food to feel adequately satisfied</p> <p>*Eating ceases based on they body’s signals of fullness (rather than rules and regulations that you or society has devised)</p>

There are various factors which impact on individual variances in relation to exactly how much a person should eat. This depends on such things as their age, sex, body weight and activity levels. The following is a guideline (and not a rule) of what “healthy eating” might look like. Specifically, this is an example of the typical food someone at a healthy weight would eat to maintain their weight. You could use this as a basis for planning “healthy eating”.

Breakfast	1 bowl (1 ½ cups) cereal Milk (200ml) 1-2 pieces of toast with margarine and topping 150ml juice OR a piece of fruit
Morning Tea	1 piece of fruit 3 biscuits & cheese 250ml drink (eg water)
Lunch	1 sandwich with salad and cheese/ meat 250ml drink (eg water) 200ml yoghurt 150ml juice OR piece of fruit
Afternoon Tea	150ml juice OR piece of fruit Small handful of nuts 250ml drink (eg water)
Dinner	¼ plate meat, ½ plate vegetables, ¼ plate pasta/rice/ potato Dessert (eg pudding or custard) 250ml drink (eg water) 150ml juice OR piece of fruit
Supper	250ml milky hot drink (eg hot chocolate) 2 sweet biscuits