

These 7 practical tips cover the basics of healthy eating and can help you make healthier choices.

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight. You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs. It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

1. Base your meals on higher fibre starchy carbohydrates
2. Eat lots of fruit
3. Eat more fish, including a portion of oily fish
4. Eat less salt: no more than 6g a day for adults
5. Get active and be a healthy weight
6. Do not get thirsty
7. Do not skip breakfast