



Eat well with the Wheel of Five

Healthy eating made easy



honest about food
Nutrition Centre

What will it be today?

What's in the Wheel of Five? See each food group and get healthier eating tips to improve your daily diet, one step at a time.



250 GRAMS OF VEGETABLES DAILY

The Wheel of Five includes not only fresh and pre-cut vegetables, but also frozen, tinned and jarred veg with no added sugar and salt.

Simple tips for getting 250 grams of vegetables in your daily diet:

- Remember: vegetables can be enjoyed with every meal and as a snack, too. You can easily add 50 grams of veg to a sandwich or as a midday snack.
- At dinner, serve out vegetables first. How much is enough? Vegetables should fill up at least half your plate. And did you know that the more varieties you prepare, the more veg you'll eat?

It's no coincidence that fruit and vegetables have a healthy reputation. Eating the recommended daily amounts of fruit and veg lowers your risk of cardiovascular disease, colorectal cancer and type 2 diabetes.

SEASONAL FRUIT AND VEGETABLES

Eating fruit and veg that are in season is better for the environment. Milieu Centraal (the Dutch public information service on energy and the environment) has a convenient browser application that helps you figure out what's in season when and where.



is equal to approximately:

5 spring radishes



Handful of torn lettuce

2

5 baby carrots



3 cucumber slices



6 bell pepper slices



3

5 cherry tomatoes



Grated black radish
with raisins

Slice of 30+ cheese
with cucumber



Cottage cheese
with plum slices

Nut butter (100% nuts)
with spring radish



2 SERVINGS OF FRUIT DAILY

The Wheel of Five includes fresh and precut fruit as well as dried fruit with no sugar added (but not more than a handful a day).



How to be sure you get 2 servings (200 grams) of fruit daily?

- Fruit, like vegetables, can be enjoyed any time! Apple and banana slices are great on bread, in yoghurt, as a fruit salad for lunch, as a snack and in cooked dishes.
- You'll automatically eat more fruit if there's a full fruit bowl in easy reach at home.



SMART SWAP
Replace sugary desserts
with fresh fruit



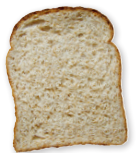
BREADS, GRAIN/CEREAL PRODUCTS AND POTATOES: DELICIOUS WHOLE GRAINS

Whole grains are the star of this food group, which includes wholemeal bread, pasta and couscous, oatmeal and unpolished rice.

You can cut down your risk of cardiovascular disease, type 2 diabetes and colorectal cancer by eating three serving spoonfuls of wholemeal products or three slices of wholemeal bread each day. And because wholemeal products are also packed with nutrients like fibre, protein, B vitamins and iron, feel free to eat more than three servings! Potatoes are also a healthy supplement to grain and cereal products.



SMART SWAP
Do you usually eat white bread, pasta and rice? Replace them with the wholemeal varieties. Your body will thank you!



On our website you'll find some 2,000 recipes to make healthy eating easy. Go to www.voedingscentrum.nl/recepten
Or order the Wheel of Five cookbook on www.voedingscentrum.nl/webshop



VARY WITH FISH, LEGUMES, MEAT AND EGGS

This food group is all about alternating animal and plant-based products, with an emphasis on eating less meat.

Why? Because eating more plant-based food is good for the environment – and for you. Eating nuts lowers your risk of cardiovascular disease, while legumes keep blood vessels healthy by reducing LDL cholesterol. That's not to say you have to cut out animal-based foods entirely. Fish is excellent for cardiovascular health, and meat and eggs contain lots of important nutrients like iron and vitamin B12.

Try this varied weekly menu to get all the nutrients you need:

- 1 day: 100 grams of fish (preferably fatty) such as mackerel, herring (fresh or smoked), salmon or sardines.
- 1 day: 2-3 serving spoonfuls of legumes such as brown, white or black beans, field peas, lentils, chickpeas or kidney beans.
- 2 days: 100 grams of red meat such as beef, lamb, mutton, goat or pork.
- 2 days: 100 grams of poultry such as chicken.
- 1 day: nuts or eggs (2-3 eggs a week).

You can also replace some or all meat in your diet with tofu, tempeh, eggs, legumes or a handful of nuts. If you eat no meat at all, you can eat 3-4 eggs a week.



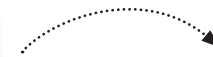
A HANDFUL OF NUTS A DAY

Eat a handful of unsalted nuts every day, such as almonds, walnuts, cashews, hazelnuts or peanuts (actually a legume). You can also do this to replace meat.

Nuts make a great snack and a tasty addition to yoghurt, salads and cooked dishes.

- A sandwich with peanut and other nut butters made from 100% nuts is a good option too.
- One handful = 25 grams (for kids, 15 grams).

Don't eat more than a handful, however, because nuts are high in calories.



SMART SWAP

Replace coated peanuts with a handful of unsalted nuts.



DAILY DAIRY: MILK, YOGHURT AND CHEESE

Milk, yoghurt, quark and cheese are popular in the Netherlands. That's great, because a daily serving of dairy reduces your risk of colorectal cancer. Eating yoghurt additionally reduces your chance of developing type 2 diabetes. Dairy products are also a source of nutrients like calcium and vitamin B12.



The Wheel of Five includes skimmed and semi-skimmed milk, which are lower in saturated fat. Good options are low-fat milk, yoghurt and quark varieties, buttermilk, 10+, 20+ and 30+ cheese, cream cheese, cottage cheese, mozzarella and fresh goat's cheese.

Lactose intolerant or dairy-free?

If you don't drink milk, soy drinks are a good alternative. They don't have all the health benefits of dairy, but are often enriched with vitamin B12 and calcium..

SUNSATURATED FATS IN SPREADS AND OILS



Vegetables fried in sunflower oil, olive oil sprinkled on salad, low-fat margarine on toast – these are all unsaturated fats that our bodies need.

Unsaturated fat lowers LDL-cholesterol, which is important for blood vessel health. Soft and low-fat margarine is also a good source of vitamins A, D and E. Oil contains only vitamin E.

Replacing products that are high in saturated fats – like butter and hard margarine – with alternatives containing unsaturated fats also lowers your risk of cardiovascular disease.



SMART SWAP
Replace butter with low-fat margarine



SMART SWAP
Replace juice with water flavoured with mint and lemon



SUGAR-FREE BEVERAGES



Your body needs hydration, but extra sugar? No thanks! That's why the Wheel of Five includes only sugar-free beverages like water, coffee and tea. Ever tried cinnamon coffee, English tea with milk or refreshing mint water? There's so much to discover!

Black and green tea furthermore lower blood pressure and reduce the risk of stroke. Three cups a day is enough to reap these benefits.



Interested in personalised advice?

Visit www.voedingscentrum.nl/mijnschijf

Products not in the Wheel of Five

- Snacks like biscuits, sweets, soft drinks and crisps.
- Products like white bread, pasta and rice, sauces, cold meats, pizza, sweet spreads and custard.

These products contain too much salt, sugar and/or saturated fat, or too little fibre. It's okay to eat them occasionally, but only in moderation.

What does 'in moderation' mean? Here's simple rule of thumb:



Daily options (something small)

A daily option is a something small like a square of chocolate, a spoonful of honey in yoghurt, apple spread on bread or a tablespoon of tomato ketchup. Big eaters, like growing teens, can have up to 5 portions. Smaller eaters should have no more than 3-4 portions.



Weekly options (something larger)

A weekly option is something a little bigger like a croissant, a slice of cake, a packet of crisps, a soft drink, a frozen pizza or a bowl of sweetened breakfast cereal. These options are okay to eat on a weekly basis, but no more than three times in any one week. Keep the portions small and don't eat the same thing too often.

SPREADS AND TOPPINGS

Many spreads and toppings for on bread and crackers are not in the Wheel of Five. But don't despair! These are fine as one or two of your daily options – thought some spreads should be saved as a weekly option. Want to step up to healthier options? Use the table below to take a smart step. On www.voedingscentrum.nl/broodbeleg you'll find more inspiration for spreads and toppings that are 100% Wheel of Five.

STEP UP TO HEALTH

WEEKLY OPTION, 1 serving = for 1 slice/cracker	DAILY OPTION, 1 serving = for 1 slice/cracker	WHEEL OF FIVE
<ul style="list-style-type: none"> ■ Chocolate spread ■ Peanut and nut butters with added salt/sugar ■ Cured ham ■ Salami ■ Smoked beef ■ Bacon ■ 40+, 45+, 50+ cheese 	<ul style="list-style-type: none"> ■ Honey ■ Regular/reduced-sugar jam ■ Apple spread ■ Chocolate sprinkles/flakes ■ Chicken fillet ■ Ham ■ Luncheon meat ■ Turkey fillet ■ Cucumber spread 	<ul style="list-style-type: none"> ■ Banana ■ Peanut and nut butters with no added salt/sugar ■ Hummus ■ Grated carrot with raisins ■ Trout ■ Mackerel ■ 30+ cheese ■ Cottage cheese with spring radish ■ Avocado ■ Cream cheese ■ Egg ■ Grilled vegetables

Your personal Wheel of Five

Your body will have to last you a lifetime, so you should take proper care of it. The Wheel of Five contains products that are good for your body, according to the latest science. These foods reduce the risk of cardiovascular disease and cancer and supply the nutrients you need. What's more, the Wheel of Five fits into a more sustainable lifestyle by including lots of variety, realistic portion sizes, less meat and more seasonal vegetables, nuts and legumes. By choosing these alternatives, you can reduce your environmental impact by up to a third.



www.voedingscentrum.nl/schijfvanvijf