**8 healthy eating tips for obesity**

## 1. Base your meals on higher fibre starchy carbohydrates

[Starchy carbohydrates](https://www.nhs.uk/live-well/eat-well/starchy-foods-and-carbohydrates/) should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

They contain more fibre than white or refined starchy carbohydrates and can help you feel full for longer.

## 2. Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day.

## 3. Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many [vitamins and minerals](https://www.nhs.uk/conditions/vitamins-and-minerals/).

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

Oily fish are high in omega-3 fats, which may help prevent heart disease.

## 4. Cut down on saturated fat and sugar

**Saturated fat** is found in many foods, such as:

* fatty cuts of meat
* sausages
* butter
* hard cheese
* cream
* cakes
* biscuits

### Sugar

Regularly consuming foods and drinks high in [sugar](https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/) increases your risk of [obesity](https://www.nhs.uk/conditions/obesity/)

Free sugars are found in many foods, such as:

* sugary fizzy drinks
* sugary breakfast cereals
* cakes
* biscuits
* pastries and puddings
* sweets and chocolate
* alcoholic drinks

## 5. Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with [high blood pressure](https://www.nhs.uk/conditions/high-blood-pressure-hypertension/) are more likely to develop heart disease or have a stroke.

Even if you do not add [salt](https://www.nhs.uk/live-well/eat-well/salt-nutrition/) to your food, you may still be eating too much.

About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces.

## 6. Do not get thirsty

You need to drink plenty of fluids to stop you getting dehydrated.

Remember to drink more fluids during hot weather or while exercising.

## 7. Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.

But a [healthy breakfast](https://www.nhs.uk/live-well/eat-well/healthy-breakfasts-recipes/) high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.