

Eat well with the Wheel of Five healthy eating made easy



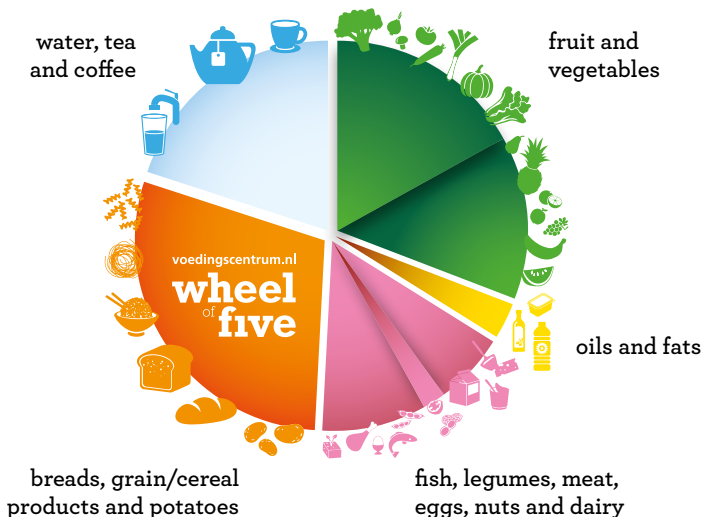
What is the Wheel of Five?

The Wheel of Five helps you achieve a healthier and more sustainable diet. We have worked out which food products are good for your health and which products give you the energy and nutrients your body needs. This is crucial to your health both now and in the future.

The Wheel of Five also helps you make choices that are better for the environment. For example, by eating the recommended amounts of foods needed for health benefits and nutrients – but no more than that. Perhaps more importantly: it helps you take in more plant-based products such as legumes and less meat. Healthy eating and sustainability often go hand in hand.

The Wheel of Five consists of five sections full of delicious products. Your diet should include foods from each section every day, while alternating between different products. Each section includes different foods, and each type of food contains different nutrients your body needs.





Everyone can use the Wheel of Five in their own way. Whatever your taste, preferences or cultural background – whether it’s a meal of meat, veg and potatoes or a curry, stuffed aubergine, lentil stew or fried rice – the Wheel of Five provides options for everyone.

The Wheel of Five also provides a good foundation for healthy eating if you suffer from a disease or condition, such as type 2 diabetes or cardiovascular disease. If you have an intolerance to certain types of products, such as dairy or gluten, a dietician can help you make other choices.



Fruit and vegetables

Fruits and vegetables offer a wide range of choices: the Wheel of Five includes almost every type of fruit and veg. Not only are they good for you, they are also delicious – plain and simple. If you want to make more sustainable choices, simply keep an eye out for sustainable quality labels, such as On the way to PlanetProof, Organic (*Biologisch*) and Rainforest Alliance.

Choose vegetables

The Wheel of Five includes fresh and pre-cut vegetables, frozen vegetables and vegetables in tins and jars (without added sugar and salt). We recommend taking in at least 250 grams of vegetables daily. These 250 grams count the vegetables as you eat them, so raw or cooked, for example.

Whether you already love vegetables or find it difficult to eat enough vegetables: eating more vegetables is always a good idea. These tips can help you do that:

- ✔ Vegetables can be enjoyed throughout the day and with every meal – not just dinner. It can be as simple as including slices of cucumber or tomato on your sandwich or snacking on some carrots or slices of bell pepper. This is an easy way of including 50 grams of veg into your diet.
- ✔ If you've prepared vegetables separately for dinner, serve them first and make sure they fill half of your plate. And if you prepare a mixed meal with vegetables, make sure to add more veg than you normally would. That way, the veg will automatically take centre stage!
- ✔ Vegetables can be prepared in a lot of different ways. They can be used in pasta sauces, curries or stews. They can also be eaten raw in a salad, boiled or stir-fried. Why not try out something new?





Including more fruit

The Wheel of Five includes fresh and precut fruit alongside frozen fruit. You can also opt for dried fruit (with no added sugar), but no more than a handful per day, as dried fruit contains a lot of sugar.

We recommend eating 2 servings of fruit daily. One serving is roughly 100 grams. Examples of a serving include: 1 apple, 2 tangerines, a bowl of grapes. Choosing different types of fruit means you're getting all the nutrients you need from fruit.

Want to include more fruit in your diet? Here are some useful tips:

- ✔ Fruit is easy to eat, no matter the time and place. Slices of apple or banana are great on a slice of bread, mixed into some yoghurt or even just as a snack. Fruit is equally delicious in certain cooked dishes. Adding an apple to Brussels sprouts or an orange into your rice tastes great.

- ✔ You'll automatically eat more fruit if it's somewhere within easy reach and sight, such as a full bowl of fruit on the dining table at home or a piece of fruit placed on your desk at work.
- ✔ There's so much fruit to choose from. If you're unsure what to pick, why not just buy whatever fruit is on discount or pick a type of fruit you're not yet familiar with. It's a great way to discover new flavours.

Eating fruit is better than drinking fruit in liquid form. Fruit juices and smoothies often contain less fibre and nutrients but a lot of sugar (and therefore calories). On top of that, they're also less filling because juices and smoothies go through your system a lot faster than if you were to eat the same amount of fruit.





Breads, grain/cereal products and potatoes



This section is all about wholemeal products, such as wholemeal bread, pasta and couscous and brown rice. Wholemeal products are packed with fibre and nutrients, such as iron and B vitamins. In other words, these products are good for your body! On top of that, wholemeal products use the entire grain, which means that there is less waste compared to refined (white) varieties.

Go wholemeal

If you're used to eating a lot of refined (white) grain products, such as white bread or white rice, replacing them with wholemeal varieties is better for your health! Fancy giving it a try? Here are 3 tips:

- ✔ You don't need to replace all your refined grain products at once. Instead, take a step-by-step approach. Start by having whole grain oats for breakfast, a whole wheat sandwich for lunch or a whole wheat wrap for dinner.

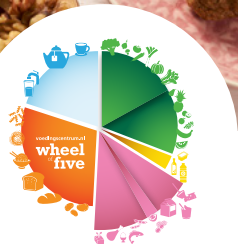
- ✔ We realise that wholemeal tastes different to refined (white) products, and that can take some getting used to. Just give it some time – and keep trying even if you don't like it right away.
- ✔ There's so much to choose from in this section, ranging from whole wheat lasagne sheets to whole wheat noodles. You'll quickly discover how versatile wholemeal can be, for example, by serving a different product at dinner every day.

Potatoes are also included in this section of the Wheel of Five, as they provide a lot of beneficial nutrients.





Fish, legumes, meat, eggs, nuts and dairy



This section is packed with sources of protein. These products all contribute to your health. We'll be going through them in a few steps below.

Less meat and more plant-based foods








If you eat a lot of plant-based products and not a lot of meat, you're doing yourself as well as the environment a favour. Eating a lot of meat is harmful for the environment. That's why your diet should include no more than 500 grams of meat per week, no more than 300 grams of which should be red meat. By not eating too much red or processed meat and choosing to eat legumes and unsalted nuts more often, you're also reducing the risk of various chronic diseases.

We recommend eating fish once a week, preferably fatty fish such as salmon, herring or sardines. Doing so is beneficial to your cardiovascular system. If you want to make sustainable choices, keep an eye out for the MSC and ASC quality labels.

Nuts are a great source of unsaturated fats, which help keep your blood vessels healthy. Eating a handful of unsalted nuts every day (25 grams) means you're doing your body a favour. All varieties of unsalted nuts are good for you. If you want to make a sustainable choice, go for peanuts, hazelnuts and walnuts.

Variety is key!

Make sure to put products in this section on the menu each day and to choose something different every day. If you find this difficult to do, why not try and make yourself a weekly schedule? For example, your week could look something like this:

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|--|
|  (Fatty) fish |  Red meat or egg |  Legumes |  Chicken, tempeh or tofu |
| Friday | Saturday | Sunday | |
|  Nuts |  Chicken or legumes |  Red meat or nuts | |

If you do one or more meat-free days a week or don't eat meat at all, tofu, tempeh, eggs, legumes or nuts make a good meat substitute.



Getting enough dairy – but no more than the recommended amounts

This section of the Wheel of Five also includes semi-skimmed and low-fat dairy products, such as milk, yoghurt, quark and cheese. Dairy is an important source of protein, calcium and vitamins B2 and B12. However, dairy does have a significant environmental impact. That is why we recommend a compromise, which means including the recommended amount of dairy in your diet for the health benefits and nutrients you need – but no more than that. For adults up to the age of 50, this means 2-3 small portions of milk or yoghurt and 40 grams of cheese per day.

If you don't like dairy or have an intolerance, an unsweetened soy drink enriched with calcium and B vitamins makes for the most wholesome alternative.



Oils and fats

Fats are a key nutrient and fuel source for the body. This section features low-fat margarine, oil, such as olive oil and sunflower oil, and soft and liquid margarine and fats used for baking and frying. These products contain a lot of unsaturated fats and are a good source of vitamins A, D and E. Oil only contains vitamin E.

Use soft and liquid oils and fats as spreads or for cooking

Saturated fats are harmful to your cardiovascular system. Butter and coconut oil are examples of products that contain a lot of saturated fat. Coconut oil is actually coconut fat and contains the most saturated fat of all fats and oils.

Therefore, you are better off spreading soft margarine or low-fat margarine on your sandwich – both of which also have a lower climate impact than butter.



Water, tea and coffee

Your body needs hydration. That's why you should drink 1.5 to 2 litres a day. This section includes thirst quenchers such as water, tea and coffee (without sugar).

Stick to sugar-free beverages

Tap water is a good and sustainable thirst quencher. It's cheap, doesn't corrode your teeth and doesn't contain any calories. On top of that, drinking 3 cups of black or green tea a day is good for your blood pressure. The Wheel of Five also includes filtered coffee.

Soft drinks, (fruit) juices and alcohol are not good for you. They often contain a lot of calories and are bad for your teeth. In addition, they also have an unnecessarily harmful impact on the environment, due to factory production, their packaging and transport.

If you want to switch to healthier drinks or if you should drink more, here are 3 tips that can help:

- ✔ If you are not used to drinking water, tea or coffee, try making the transition easier on yourself. Start by swapping out your favourite drink for a change. For example, you could have a glass of water with a slice of orange instead of orange juice.
- ✔ You might find it useful to pair drinks with certain fixed times in the day. For example, having a cup of tea at breakfast, a glass of water with dinner or a cup of coffee after shopping for groceries will quickly establish a new routine! Having a jug of water within easy reach and sight can equally be useful.
- ✔ There is no shortage of variety where water, tea and coffee are concerned. Water can be jazzed up with herbs, spices, vegetables or fruit, such as ginger and lemon or cucumber and mint. Or why not try sugar-free iced tea or spiced coffee with cardamom?



Products not in the Wheel of Five

Do you only ever eat products that are included in the Wheel of Five? Probably not. But that's fine! If you predominantly eat foods that are in the Wheel of Five, there is still some flexibility to include products that are not in the Wheel of Five.

Products are not included in the Wheel of Five if they contain too much salt, sugar or saturated fat – or if they are low in fibre. This includes foods like biscuits, sweets, soft drinks and crisps, as well as sweet sandwich spreads, meats, pizza, custard, white bread, refined (white) pasta and white rice. Everyone knows that these products are not good for you, so have them in moderation (not too much and not too often). Pick a deliberate time to treat yourself – and enjoy it.

Eating and drinking fewer products that you do not need for your health is also better for the environment. This is because these products have a harmful impact on the environment, due to the



Useful tools

We have developed a lot of useful apps and other digital tools* to help you choose healthy and sustainable foods. We also have a wide range of delicious, healthy recipes that showcase the products of the Wheel of Five. Scan the code to visit our apps and tools page.



** Please note that our apps, tools and recipes are only available in Dutch.*

fact that they have to be manufactured, processed, packaged and transported.

We can choose something small from outside the Wheel 3 to 5 times a day – this is called our **daily option**. This could be anything from a small biscuit to an ice lolly, jam on toast or a tablespoon of tomato ketchup. Big eaters, like growing teens, can have up to 5 servings. People with a smaller appetite should have no more than 3-4 servings.



A **weekly option** is more substantial and could be a croissant, a piece of cake, a packet of crisps, a soft drink or a frozen pizza. You can choose to include these foods every week, but you should stick to a maximum of 3 servings per week – and the servings shouldn't be too big.



Mijn Eetmeter (My Food-o-meter)

This online food diary helps you keep track of what you eat and drink each day.



Schijf van Vijf voor jou-tool (My Wheel of Five tool)

Complete it and find out what and how much you can eat per day. You will also receive 10 customised daily menus.



'Kies Ik Gezond?' (Healthy Choices)

This app can be used to scan or look up products and instantly tells you whether they are in the Wheel of Five.

The Wheel of Five – the basics

The Wheel of Five is there to help you. You choose what you eat or drink. We have provided various tools in this brochure to help you make better choices.



Eat a lot of – preferably seasonal – fruit and veg.



Create variety by including fish, legumes, nuts, eggs and vegetarian products in your diet. Eat more plant-based products, and don't eat too much meat.



Take in enough dairy, such as milk, yoghurt and cheese, but no more than the recommended amounts.



Have a handful of unsalted nuts every day.



Choose wholemeal products, such as whole wheat bread, pasta and couscous and brown rice.



Choose sugar-free beverages: tap water, tea and coffee.



Use soft and liquid oils and fats as spreads or for cooking.