

Create your own diet

Healthy eating with the Wheel of Five





Go your own way with the Wheel of Five


Your body is with you for life, so you should take proper care of it. But how? Following the Wheel of Five gives your body enough of the products that provide health benefits, as well as all the nutrients you need to meet every day head-on.

What will it be today? Combining foods from all five segments in The Wheel of Five each day will give your body everything it needs. Go with fish or meat, or maybe try legumes for a vegetarian twist? Would that go well with pasta, potatoes or couscous? Which vegetables for lunch, and which for dinner? Follow your taste and add variety!

The benefits

You can do it together: the five segments provide a good basis for you, your partner, children and friends. Choosing more fruits and vegetables and less meat is good not only for you, but also for the planet, the people and animals around you and for future generations. You may even save some money by leaving snacks, sweets and soft drinks on the shelves in the supermarket.





What shall we have today? (and tomorrow, and the next day, and...?)

The Wheel of Five offers endless possibilities, whether you stick to traditional Dutch meals, love Asian cuisine, enjoy vegetarian food or are happy to eat meat. Simply combine foods from all five segments.



Fruits and vegetables are always a good choice. Still hunger pangs with snack vegetables, brighten up breakfast with some fruit salad, and use veggies to make your dinner plate nice and full.



Bread, wholemeal cereals and potatoes can provide the basis for many meals. You might prefer to stick to the trusty brown or wholemeal bread, and potato or rice dishes. Or add some variety with oats, wholemeal couscous or bulgur wheat!



Eat enough of each segment per day, vary your diet and enjoy!



Eat less meat and more vegetables: the Wheel of Five offers plenty of variety with legumes, nuts, fish, dairy and eggs. Try a spicy bean dish or lentil salad, or put nut spread or a boiled egg on your sandwich.



Spreading and cooking oils are a source of unsaturated fats and vitamins: margarine on bread, fragrant olive oil in your salad, or a quick stir-fry in sunflower oil.



Your body needs hydration, but extra sugar? No thanks. Calorie-free thirst-quenchers include water, coffee and tea. Ever tried cinnamon coffee, English tea with milk or refreshing mint water? There is so much more to discover!

Interested in personalised advice?
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Not in the Wheel of Five

Biscuits, fruit sprinkles, soft drinks and chips can be enjoyed sometimes, but in moderation. How? Read on.

What does 'in moderation' mean? This rule of thumb makes things a little more concrete: have no more than three to five small items per day outside the Wheel of Five, and no more than three large items per week.

Small items include: a small biscuit, some water ice, a piece of chocolate, honey in your tea or a spoonful of tomato ketchup.

Large items include: a croissant, a piece of cake, a packet of crisps, a glass of soft drink, a frozen pizza or a bowl of sweetened breakfast cereal.

Not sure what is in the Wheel of Five, or how to eat in moderation?

Visit: www.voedingscentrum.nl/schijfvanvijf



Things do not need to be perfect straight away: every step in the right direction is good for your body.

Ready to go?

Ready to improve your diet? Great! Start today. Choose a change that you think you can maintain long-term.

It actually does not matter where you start, every change counts. Three cups of tea a day, an extra piece of fruit, or fish once a week? If you eat a lot of products that are not in the Wheel of Five, try to minimise them or to eat smaller portions. Or better still: substitute them for something that is in one of the groups.

'My Diet Update' will help you get started: five simple questions that will show you where you can achieve the greatest benefit. Start now at www.voedingscentrum.nl/eetupdate



The Netherlands Nutrition Centre can help

What shall we have today? How can I stay away from sweets? What counts as 'healthy'? How do I create new healthy habits?

The Netherlands Nutrition Centre provides answers, inspiration, recipes, tips and practical advice for achieving your goals. Start today at www.voedingscentrum.nl/schijfvanvijf





It is all possible with the Wheel of Five.
What will you choose?



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