

Healthy Eating

Local 1-1 wellbeing support is available for care home staff:

Call or text 07971 794 065 to arrange support

(This is a dedicated line staffed Mon-Fri, 9am-5pm, or leave a voicemail 24/7)

For immediate support 24/7:

National Wellbeing Hub - <http://wellbeinghub.scot> - 0800 111 4191

NHS Lanarkshire Staff Care and Wellbeing 24h Helpline - 01698 752000

Facing such challenging circumstances for such a prolonged time is really hard for the majority of us. We can be drawn to foods we think will bring us the comfort we crave. Below are some simple suggestions, from our health improvement team, of ways we can eat healthier to feel better.

"Isn't it odd. We can only see our outsides, but nearly everything happens on the inside."



- ◆ Reduce sugar which can lead to obesity and tooth decay, for example sugary drinks, biscuits, cakes and pastries, sweets and chocolate and alcoholic drinks.
- ◆ Eat breakfast - it jump starts our metabolism and studies show we are much more likely to crave a sugary mid-morning snack if we skip breakfast.
- ◆ Cut down on saturated fat. Some fat is needed in our diet but excess can lead to heart disease. Foods high in saturated fats are fatty cuts of meat and processed meats such as sausages, hard cheese, cakes, butter and pies.

- ◆ Base meals on high fibre starchy carbohydrates - potatoes, bread, rice pasta. Choose higher fibre or wholegrain varieties such as whole wheat pasta, brown rice or leave skins on potatoes.
- ◆ Fruit and vegetables - at least 5 a day is recommended. Can be fresh, frozen, canned, dried or juiced (limit juice to 1 glass per day). These are great for micro-nutrients - vitamins and minerals and also fibre for gut health.
- ◆ Can be easier than you think, chop a banana over cereal, or have a piece of fruit as a mid-morning snack.
- ◆ Drink water - hunger can often be mistaken for dehydration.
- ◆ Fish, especially oily fish is a great source of omega 3 fatty acid, which helps prevent heart disease. This includes salmon, trout, mackerel, sardines, herring and tuna.
- ◆ Make weekly meal plans. This reduces the chance of opting for processed/junk foods.



Useful web links -

- ◆ <https://www.nhs.uk/live-well/eat-well/>
- ◆ <https://www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html/>