



Eat well to feel well

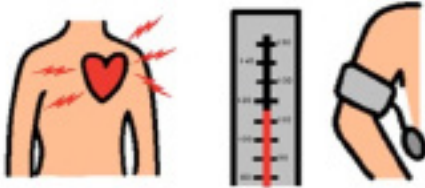
Information on how to have a healthier diet



An Easy Read Booklet

Why should I eat a healthy diet?

Eating well will:



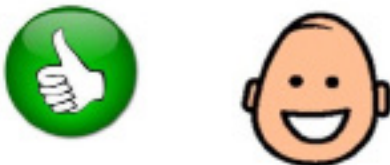
- ◆ Reduce my risk of becoming unwell.



- ◆ Help my weight.



- ◆ Give me more energy.



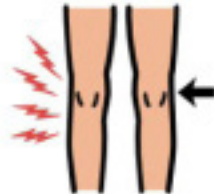
- ◆ Keep my mind and body healthy.

If you are overweight

Losing weight can help:

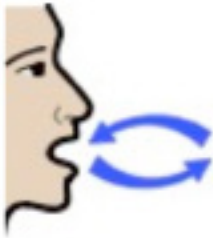


back



knees

- ◆ Knee and back pain.



- ◆ Stop you feeling out of breath.



- ◆ Make walking easier.



- ◆ Keep your heart healthy.

Carbohydrates

These foods will give your body the energy it needs to do the activities you enjoy.

High fibre foods will help you feel fuller for longer.



Remember:

Try to choose high fibre varieties like brown bread, wholemeal pasta and wheat or bran based breakfast cereals.

Have a carbohydrate type food at each main meal.

Fruit and Vegetables

These foods are very important to keep your body healthy.

They provide you with vitamins, minerals and fibre.



Remember:

Try to have 5 portions each day.

Proteins

These foods are very important to keep your body healthy.

They are needed to help your body grow and repair.



Remember:

Try to eat less red meat (beef, lamb, pork).

Avoid processed meats like bacon, salami, hot dogs, ham.

Dairy

These foods are important for strong teeth and bones.



Remember:

Try to have 2-3 small portions each day.

Choose low fat options.

Fats

Eat smaller amounts of foods that are high in fat.

Too much fat will make you put on weight.



overweight



Remember:

Avoid frying.

Grilling or steaming food is healthier.

Cut off the fat that you can see.

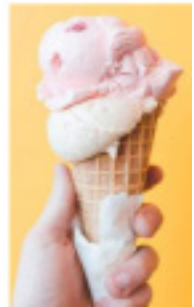
Sugars

Eating too much sugar will make you put on weight.

Sugar is bad your teeth.



overweight



Remember:

Don't eat these foods every day.

Try a smaller fun-size bar instead.

Check the portion size on your plate



Remember:

Don't put too much food on your plate.

Try using a smaller plate.

Importance of eating regularly



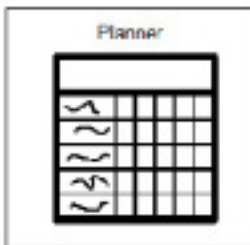
If you go too long without eating you may feel light headed, grumpy, tired and very hungry.



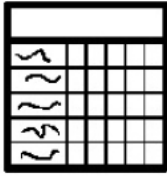
If you skip meals you are more likely to over eat and choose unhealthy foods.



Eating regularly is important because food gives your body fuel (energy). Your body needs fuel to work well.















Having set meal times provides structure to your day.



How to eat regulary

A meal plan can help.
Have three meals each day.

Here is an example for 1 day:

Monday	
Breakfast	 
Lunch	 
Dinner	  
Supper	 
Snacks	  



Switch to healthier snacks

Here are some ideas:

Fruit and vegetables or small fruit tub in juice



Small packet of lighter variety crisps, baked crisps or lower calorie popcorn - less than 100 calories per pack



2 small pancakes



1 small plain scone



Sugar free jelly, low calorie custard tub or low fat yoghurt



Importance of drinking well

Drinking enough will:



- ◆ stop you from becoming too thirsty (dehydrated).
- ◆ help you to think more clearly.



- ◆ help your mood.
- ◆ help with muscle strength.



- ◆ help your bowels work (prevents constipation).
- ◆ help to avoid having a dry mouth.

How you can drink well



- ◆ Try to have 8 - 10 drinks every day.
- ◆ Choose water and sugar free diluting juice.



- ◆ If having fizzy juice, try to choose caffeine free and sugar free versions.
- ◆ If you are drinking fruit juice, try to keep this to 1 small glass a day.



- ◆ Choose skimmed (red) or semi-skimmed (green) milk.

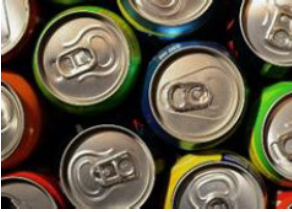


- ◆ Choose de-caFFEinated versions of tea and coffee.

Avoid:



- ◆ Energy drinks. These are high in caffeine and sugar. They can harm your physical and mental health.



- ◆ High salt foods or adding salt to meals. This may make you feel thirsty.
- ◆ Too much salt can lead to high blood pressure.



Activity

Being active can help improve your mental and physical health. Check with your doctor that it is okay to exercise.

swimming



football



gardening



dancing



walking



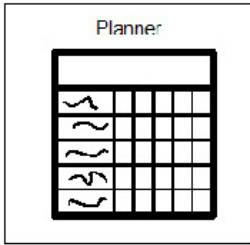
housework



gym



Remember:



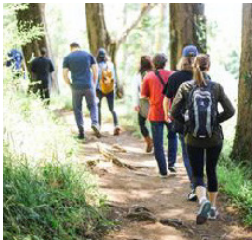
- ◆ Eat 3 regular meals a day



- ◆ Have a healthy weight



- ◆ Eat healthy foods



- ◆ Keep active

Further information:

- ◆ <https://www.communityfoodandhealth.org.uk/>
- ◆ <https://www.bda.uk.com/food-health/food-facts.html>
- ◆ <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>
- ◆ www.nhs.uk
- ◆ www.takelifeon.co.uk
- ◆ <https://www.nhs.uk/change4life/>

Apps for your smart phone:

- ◆ Change4Life Food Scanner
- ◆ Change4Life Smart Recipes

Follow us on Twitter:

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Acknowledgements

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