

8 tips for making healthier choices...

1. Base your meals on starchy foods

E.g. bread, cereals, rice, pasta & potatoes. These are a really important part of a healthy diet. Try to choose wholegrain varieties whenever you can.

2. Eat lots of fruit and vegetables

Try to eat at least 5 portions of a variety of fruit and veg every day.

3. Eat more fish

Aim for at least two portions of fish a week including a portion of oily fish (e.g. salmon, mackerel, trout, sardines, pilchards, fresh tuna)

4. Cut down on saturated fat and sugar

Use a small amount of vegetable oil or reduced-fat spread instead of butter, lard or ghee.

5. Try to eat less salt - no more than 6g a day for adults

75% of the salt we eat is already in the food we buy, such as soups, sauces, bread, breakfast cereals and ready meals. Always check the label!

6. Get active and try to be a healthy weight

Being overweight can lead to health conditions such as heart disease, high blood pressure or diabetes. Remember to only eat as much food as you need, make healthy food choices and get more active!

7. Drink plenty of water

6-8 glasses everyday to stop us getting dehydrated

8. Don't skip breakfast

Breakfast can help give us the energy we need to face the day, as well as some of the vitamins and minerals we need for good health.

TOP TIP.....enjoy your food!!

What to do next...

Think about making some changes; but before you set some goals, consider the following;

Benefits of changing?



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Benefits of staying as I am?

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.....

Do the benefits of changing seem stronger? If they do, read on. If they don't, you may not be ready to make changes yet.

SMART Plan...

- Whilst reading this leaflet you may have thought of some changes that you could make - why not record them here.
- Try to make one small change at a time.
- If you make your goals 'SMART' - Specific, Measurable, Achievable, Realistic and Timed, then they are more likely to really happen!

Examples of 'SMART' goals;

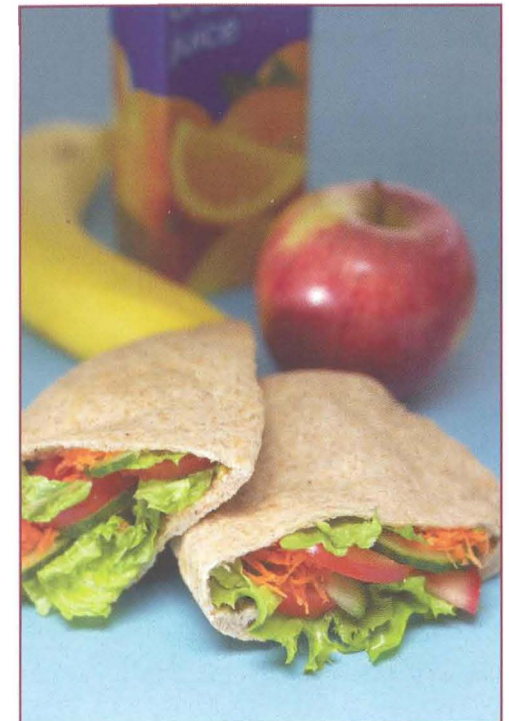
...for the next two weeks, I will keep a well-stocked fruit bowl (apples, bananas, grapes) at home and at work, so I eat at least two pieces of fruit each day

...for the next month, I will make sure I buy wholewheat bread instead of white bread

Your 'SMART' goal;

.....
.....
.....

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HEALTHY EATING

What should I be eating?

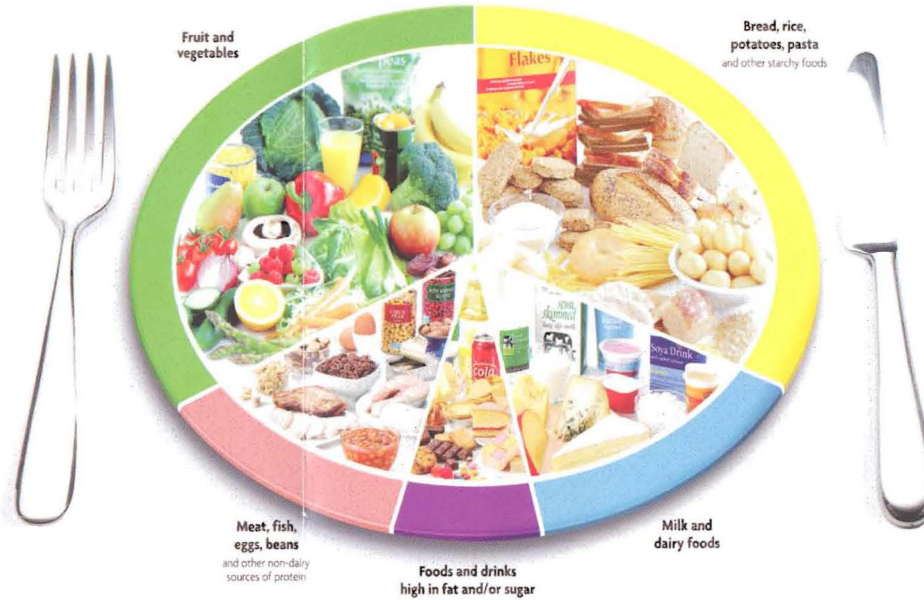
If you want to get the balance of your diet right, use the eatwell plate.

The eatwell plate makes healthy eating easier to understand by showing the types and proportions of foods we need to have for a healthy and well balanced diet.

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Frequently Asked Questions

Why is breakfast important?

Skipping breakfast can lead to tiredness, lack of concentration and poor performance at work or school. It also means that you are more likely to snack on unhealthy foods such as chocolate or crisps before lunch.

Why should I eat 5 portions* of fruit & veg a day?

Fruit and vegetables are key to a healthier lifestyle. To get the best health benefits, your 5 A DAY portions should include a combination of a variety of fruit and vegetables as they each contain different combinations of fibre, vitamins, minerals and other nutrients. (*a portion is about a handful)

How can I stop snacking unhealthily?

Healthy snacks take some planning - especially when you're out of the house. Pack a few snacks to take with you, such as a handful of unsalted nuts and raisins, a few oatcakes, or vegetable sticks with a low-fat dip.



If you're always fighting sweet cravings, try a fruit scone, fig roll or fresh or dried fruit. If you prefer savoury treats, try rice cakes with cottage cheese or hummus, half an avocado, or a slice of wholemeal toast with low fat spread.



Am I eating healthily?

- Are you eating five portions* of fruit and vegetables daily?
- Do you eat reduced fat or fat-free varieties of dairy products?
- Are you mainly using fats that are soft or liquid?
- Do you drink 6-8 glasses of water a day?
- Are your soft drinks always sugar free?
- Are you active enough to maintain a healthy weight?
- Are you eating oily fish such as salmon and mackerel at least twice a week?

*A portion of fresh, frozen or canned fruit or vegetables is about a handful.

If you answered **NO** to any of the above questions there's a good chance that you would benefit from a few changes to what you eat and drink, so read on! Use the 'Where to get more information', 'Tips' and 'What to do next' sections to help you make changes.

Where to get more information...

Locally

www.eatsomegoodfood.org

Nationally

www.bdaweightwise.com
www.eatwell.gov.uk
www.5aday.nhs.uk
www.nhs.uk/change4life

