

# Healthy Eating

An easy-read booklet





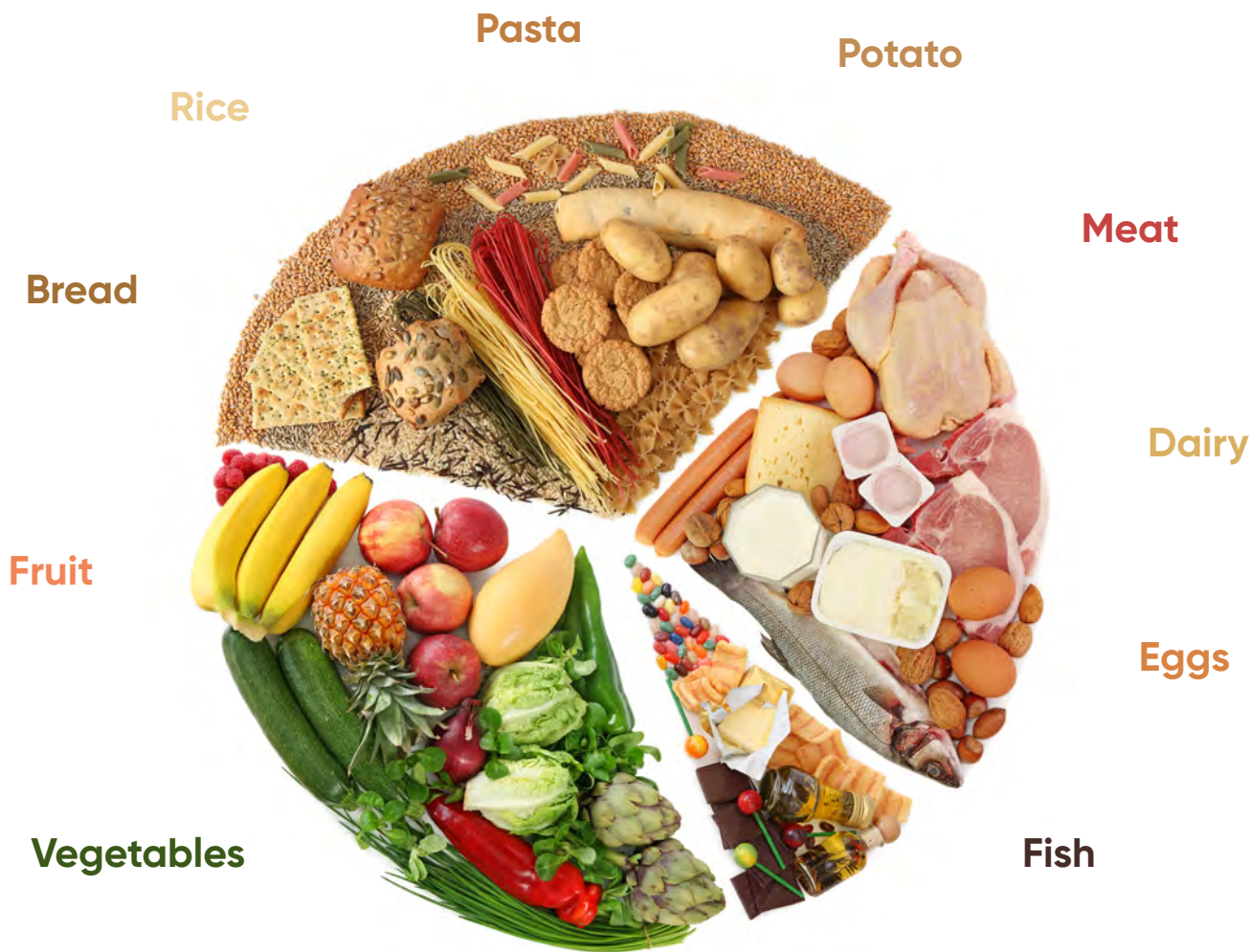
# Eating a balanced diet



Eating a balanced diet helps to keep you a healthy weight, and may help to stop you getting some diseases.



Eating a balanced diet makes you feel good too! Try to choose different foods from each of the groups to help you get the nutrients your body needs to stay healthy.



# Eating a balanced diet



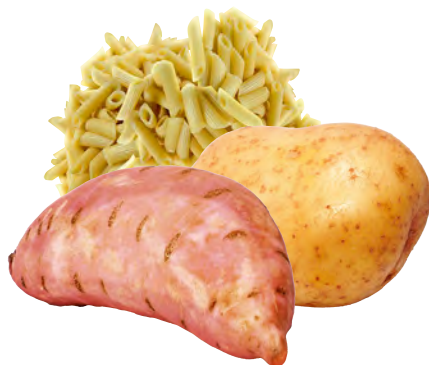
**Drink plenty of fluids.**

The government recommends 6 to 8 glasses a day. Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count.



**Eat at least 5 portions of a variety of fruit and vegetables a day.**

You can choose from fresh, frozen, tinned, dried or juiced.



**Base meals on potatoes, bread, rice, pasta.**

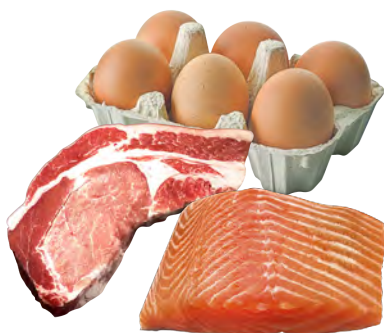


**Have some dairy or dairy alternatives.**

Choose lower-fat and lower-sugar options. Milk, cheese & yoghurt are good sources of protein, and they're also an important source of calcium, which helps to keep your bones strong.



# Eating a balanced diet



**Eat some beans, fish, eggs and meat.**

These foods are good sources of protein and vitamins. Try to grill fish or meat, instead of frying.



**Choose oils and spreads and eat in small amounts.**

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.



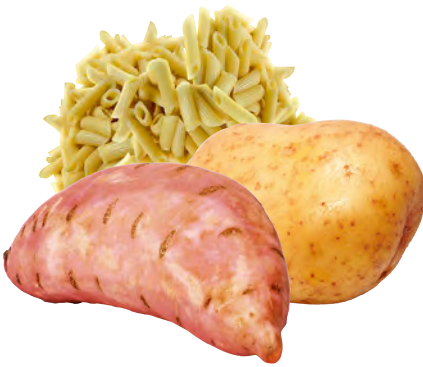
**Avoid foods that are high in fat, salt and sugar.**

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in the diet and so should be eaten less often and in smaller amounts.



Over the next few pages there are more tips on how to maintain a balanced diet.

## Tip 1: Base meals on carbohydrates



**Most of us should eat more starchy foods. Try to include at least 1 starchy food with each main meal.**



**Choose brown rice and bread where possible.**

## Tip 2: Eat lots of fruit and veg



**It's recommended that we eat at least 5 portions of fruit and veg every day. It's easier than it sounds.**



**Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?**

### Tip 3: Eat more fish



**Fish is a good source of protein and contains many vitamins and minerals.**



**Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.**

#### Oily fish



**Salmon**



**Mackerel**



**Fresh tuna**



**Sardines**

#### Non-oily fish



**Cod**



**Tinned tuna**

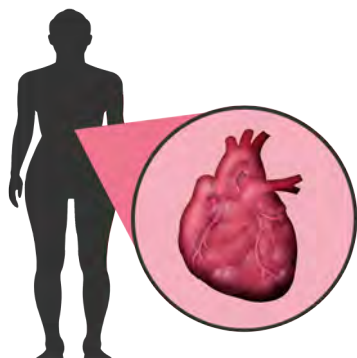


**Haddock**



**Plaice**

## Tip 4: Cut down on saturated fat and sugar



### Saturated fat in our diet

We all need some fat in our diet. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat increases your risk of getting heart disease.

**Saturated fat is found in many foods, such as:**



**Hard cheese**



**Cakes**



**Biscuits**



**Sausages**



**Cream**



**Butter**



**Bacon**



**Pies**



Try to cut down on your saturated fat intake, and choose foods that contain unsaturated fats instead, such as oily fish and avocados.

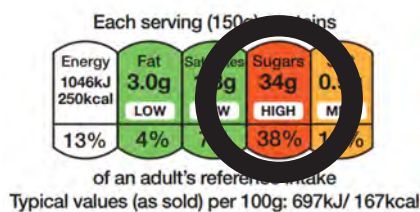


Tip 4 continued: **Cut down on saturated fat and sugar**



**Sugar in our diet**

Having foods and drinks high in sugar increases your risk of obesity and tooth decay.



Sugary foods and drinks can cause you to put on weight. Food labels can help to check how much sugar is in your food.

**Cut down on:**



**Sugary fizzy drinks**



**Alcoholic drinks**



**Sugary cereals**



**Fruit yoghurt**



**Pastries**



**Biscuits**



**Chocolate**



**Cakes**

## Tip 5: Eat less salt



Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to get heart disease or have a stroke.



Even if you don't add salt to your food, you may still be eating too much.



Most of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

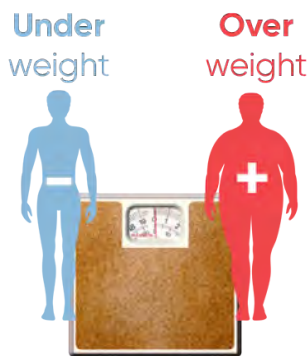


Use food labels to help you cut down.

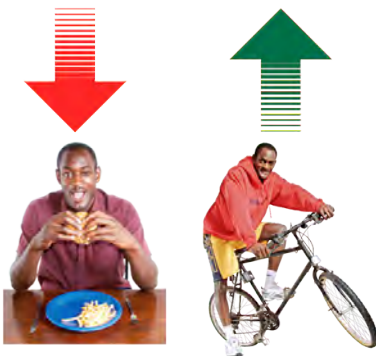
## Tip 6: Get active and be a healthy weight



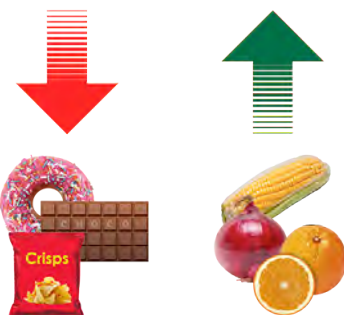
Eating a healthy, balanced diet is important to stay a healthy weight, which is an important part of good overall health.



Being overweight can lead to health conditions such as type 2 diabetes, some cancers and heart disease. Being underweight could also affect your health.



Most adults need to lose weight, and need to eat fewer calories to do this. If you're trying to lose weight, aim to **eat less** and be **more active**.



If you want to lose weight, aim to cut down on foods that are high in saturated fat and sugar, and eat plenty of fruit and vegetables.

## Tip 7: Don't get thirsty



**We need to drink plenty of liquids to stop us getting dehydrated. You should drink 6-8 glasses every day.**



**All non-alcoholic drinks count, but water and lower-fat milk are healthier choices.**



**Try to avoid sugary fizzy drinks that are high in added sugars and calories. These are also bad for your teeth.**



**Even unsweetened fruit juice and smoothies are high in sugar. You should aim to drink no more than 1 small glass of fruit juice or smoothies a day.**

## Tip 8: Don't skip breakfast



Some people skip breakfast because they think it will help them lose weight. In fact, research shows that people who regularly eat breakfast are less likely to be overweight.



Breakfast has also been shown to have positive effects on your concentration throughout the morning.



A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need.



A low-sugar cereal with fruit sliced over the top is a tasty and nutritious breakfast.



# Being active



**Being active can help you to lose weight or stay a healthy weight. Being active doesn't have to mean hours at the gym, you can find ways to be more active in your daily life.**

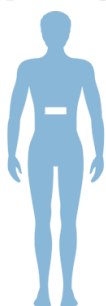


**For example, try getting off the bus one stop early on the way home, and walking the rest of the way.**



**After getting active, remember not to reward yourself with a treat that is high in calories. If you feel hungry after activity, choose foods or drinks that are lower in calories.**

## Underweight



**Being underweight can also affect your health. If you are worried about your weight, ask your doctor for advice.**

# Fruit and vegetables: getting your 5 a day



**You should eat at least 5 portions of a variety of fruit and vegetables every day.**



**There's evidence that people who eat at least 5 portions a day have a lower risk of heart disease, stroke and some cancers.**

## What counts as 1 portion?



**1 slice** of  
pineapple



**1 glass** of  
fruit juice



**3 tablespoons**  
of vegetables



**1 apple**



**1 large tomato**



**1 small bowl** of  
mixed leaves

# Need to lose weight



The NHS has a helpful weight loss guide. You can download information packs, as well as food and activity planner.



The 12 week weight loss guide combines advice on healthier eating and physical activity.



You get a information pack for each week of the plan, plus a stick-it-on-the-fridge planner to help you track your weekly progress.



Search on the internet for:  
'**nhs lose weight**'

Full page address:  
[www.nhs.uk/Tools/Pages/Losing-weight.aspx](http://www.nhs.uk/Tools/Pages/Losing-weight.aspx)

# One You Easy Meals App



**Public Health England have made the One You Easy Meals App.**



**The app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas.**



**Search recipes by meal time and create shopping lists.**



**You can download from iTunes and from Google Play. Search for 'easy meals'**

# Primary Care Accessible Resources

## Resource 8: Healthy Eating

Suffolk Learning  
Disability Partnership



This booklet was co-produced by Ace Anglia.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use across Essex with the permission from Suffolk clinical commissioning groups.



This booklet is **Resource 8** and forms part of a number of projects that help to explain things about primary care services.



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