

Healthy Eating/ Healthy Weight

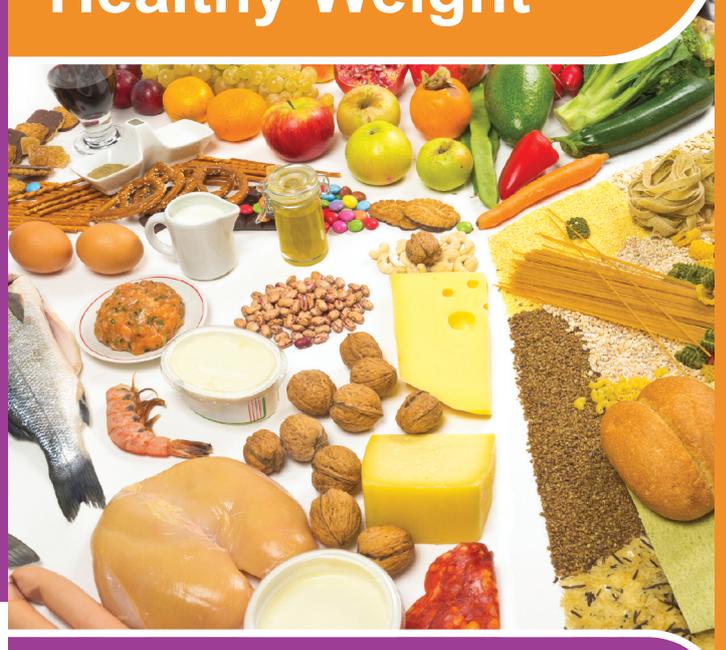
MAKE A CHANGE

Eating the right foods in the right amounts has many benefits and helps to:

- Reach and maintain a healthy weight
- Reduce blood pressure and cholesterol levels
- Maintain strong bones and muscles
- Improve resistance to infection
- Keep up energy levels and improve mood

Aim to change your eating habits **gradually**, that way you are more likely to change for good.

Don't let any minor setbacks ruin your aim - think positively and allow yourself healthy 'treats' occasionally.



Healthy Eating/ Healthy Weight

Healthy Lifestyles

Visit NHS Choices www.nhs.uk and search Healthy eating and for more about 5 a day including a meal planner and BMI calculator visit www.nhs.uk/change4life

Per 100g	What is high	What is low
Sugar	More than 22.5g	5g or less
Salt	More than 1.5g	0.3g or less
Saturated fat	More than 5g	1.5g or less
Total fat	More than 17.5g	3g or less

Check food labels when shopping

WHY IS IT IMPORTANT?
When we eat and drink more calories than we need our bodies store the excess as body fat. If this continues over time we become overweight and can become obese. If current obesity trends continue, by 2050 about 60% of men, 50% of women and 25% of children in the UK will be obese.

If you would like more information on the different ways you can adopt a healthier lifestyle, look out for our other leaflets:

- Physical Activity
- Quitting Smoking
- Drinking Alcohol Sensibly
- Mental Wellbeing
- Sexual Health
- Dental Health

You can find copies of all our leaflets, along with more information on healthy lifestyles at:
www.herefordshire.gov.uk/health-improvement

If you need to get online, our county's libraries offer free computer and internet access at most sites.

For more local information about staying healthy visit:
www.wisherefordshire.org

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Healthy Eating/ Healthy Weight



TIPS

Watch your portions, use a smaller plate, eat more slowly and stop eating once you are full. When cooking, boil, steam or grill rather than fry food.

MAKE A CHANGE

- Eat at least five portions of fruit and vegetables a day. These can be fresh, frozen, tinned, dried or juiced. Fruit and vegetables are a good source of vitamins, minerals and fibre.
- Base meals on potatoes, bread, rice or pasta. Choose wholegrain where possible. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.
- Eat more fish – try to have one portion of oily fish per week.
- Try to limit fatty and sugary foods (crisps, biscuits, cakes, pastries and chocolate) as well as sugary drinks.
- Drink plenty of water (6 to 8 glasses per day).
- Eat 3 regular meals and don't skip breakfast.
- Try to eat less salt – check food labels while shopping.
- Try to build regular activity into your day to help maintain a healthy weight.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

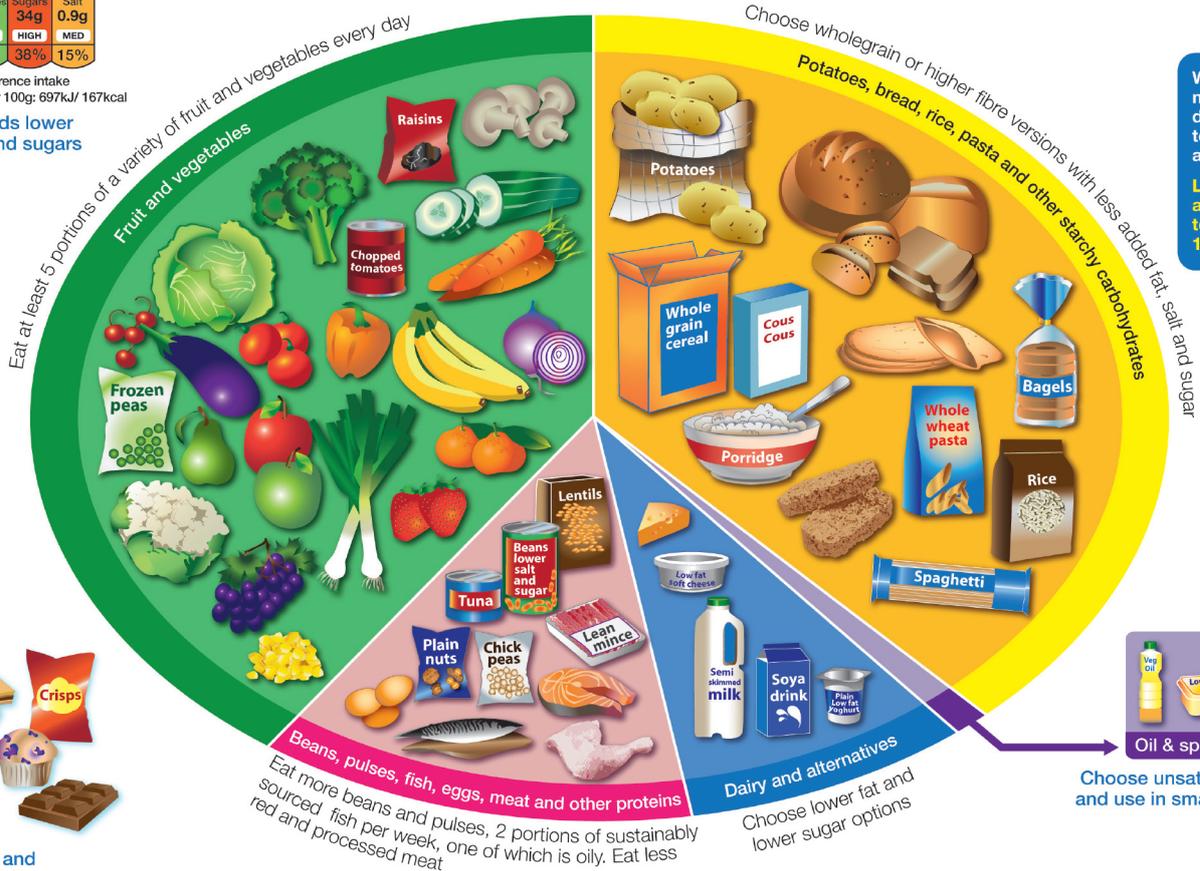
Check the label on packaged foods

Each serving (150g) contains

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

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS