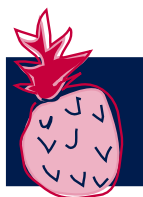




Written by
The Community Nutrition & Dietetic Service
North & West Belfast HSS Trust
T 028 9032 7103

Produced by CRIS
Eastern Area Health Promotion
12-22 Linenhall Street, Belfast BT2 8BS
T 1 028 9032 1313 F 1 028 9055 3707
e 1 info@eahealthpro.org

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You may already know
a lot about HEALTHY EATING
but why is a healthy diet important?



By eating the right kind of foods and taking steps
to follow a HEALTHY lifestyle you may be reducing
your risk of developing heart disease
and other medical conditions.

8 WAYS

Towards better health

Depending on your present lifestyle you may need to make some changes. Here are some practical suggestions:

- Avoid smoking.
- Watch your weight.
- Keep active.
- Eat plenty of fruit, vegetables and other fibre rich foods.
- Eat less fat.
- Eat less sugar.
- Avoid salt & salty foods.
- Watch your alcohol intake.

STAYING ACTIVE

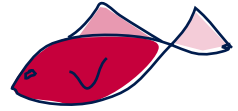
Can help:-

regular
physical
activity
has
many
benefits

- Control weight.
- Lower blood pressure.
- Protect us from serious conditions, such as heart disease, stroke, osteoporosis and diabetes.
- Make us look and feel better.
- Reduce stress.

Starting to exercise is easier than you think. Begin by putting a little extra effort into the things you do every day. A total of 30 minutes most days of the week can make a real difference to your health. Short bouts of activity will also help achieve your total.
e.g. 2 sessions of 15 minutes.





Choose an exercise that you enjoy and is convenient for you e.g.

- Walking.
- Dancing.
- Exercising at home to a video.
- Cycling.
- Swimming or aqua aerobics.

If you have a health problem or any worries about starting a new activity check with your GP first.

HOW TO EAT MORE FIBRE

Include:-

eat a
variety
of foods
rich in
fibre
daily

- High fibre breakfast cereals e.g. Weetabix, Branflakes, Porridge, or Shredded Wheat.
- Wholemeal, wheaten or granary bread.
- Fruit- fresh, frozen or tinned, fruit in its own juice or dried fruit.
- Vegetables either fresh, frozen or tinned. Cook for a short time (8-10 mins) or eat raw as salads.
- Pulses e.g. peas, beans and lentils in soups, stews and casseroles.

Diets rich in fruit and vegetables are thought to be protective against heart disease and some cancers.

Have at least five portions of fruit and vegetables daily. Choose a wide variety.



One portion of fruit or vegetable is:

- 1 slice of large fruit, e.g. melon or pineapple.
- 1 medium sized fruit, e.g. pear or banana.
- 2 small fruits, e.g. kiwis, mandarins or plums.
- 2-3 tablespoons of fruit salad or tinned fruit.
- 1 cup of very small fruit, e.g. grapes or strawberries.
- 1 glass of fruit juice (can only be counted as one portion of the five each day).
- 2 heaped tablespoons of cooked vegetables.
- 1 dessert bowl of salad.

HOW TO EAT LESS FAT

Cut down on the total amount of fat you eat, especially saturated fats. e.g. butter, milk, dairy products, hard margarine, biscuits, cakes, pastries and meats.

how to
reduce
fat
in your
diet

- Limit cakes, biscuits, chocolate, crisps, and pastry. These foods contain a lot of hidden fat.
- Grill, boil, bake, stew, steam or microwave food instead of frying.
- Limit fried foods such as chips, fries, sauté potatoes and fried meats.
- Use all fats/ oils sparingly.
Choose a low fat spread or cooking oil high in monounsaturates e.g. rapeseed, olive or nut oils or high in polyunsaturates e.g. sunflower, soya or corn oil.



- Try to eat fish at least twice a week. Include oily fish e.g. mackerel, herring, sardines or salmon.
- Watch the amount of cheese you eat. Try a lower fat cheese such as Cottage Cheese, Edam, Gouda, Mozzarella or reduced fat Cheddar.
- Try semi-skimmed or skimmed milk instead of whole milk. (Skimmed milk should not be given to children under 5 years).
- Try to buy leaner cuts of meat or poultry and remove skin or trim off any visible fat before cooking. Use smaller quantities of meat and fill up with vegetables, potatoes, peas, beans, lentils, rice, pasta and bread.

IMPORTANT

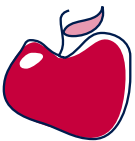
Cutting down on fat will reduce your calorie intake, so if you don't need to lose weight, eat extra bread, potatoes, pasta and rice.

HOW TO EAT LESS SUGAR

Too much sugar and sugary foods can lead to weight gain and tooth decay.

try to
reduce
sugar

- Limit sweets and sugary snacks such as biscuits and cakes. Choose fruit instead.
- Have tea or coffee without sugar or use an artificial sweetener such as Hermesetas, Canderel or Sweetex.
- Choose tap or mineral water, sugar-free/ diet drinks and low sugar squashes.





HOW TO EAT LESS SALT

For some people eating too much salt can cause high blood pressure

try to
reduce
salt

- Try not to add salt at the table and use sparingly in cooking.
- Use pepper, herbs and spices to flavour food instead of salt.
- Avoid salt substitutes.
- Eat fewer crisps, nuts, cured or smoked meats and fish, tinned and packet foods.
- If using tinned or convenience foods choose those with no or less salt added.

DRINK SENSIBLY

Alcohol is high in calories. Avoid binge drinking.

Men: No more than 3-4 units daily.

Women: No more than 2-3 units daily.

If you regularly drink more than this there is an increased risk to health.

- 1 unit of alcohol
- = ½ pint of standard strength beer
- = 1 glass of wine
- = 1 glass of sherry,
- 1 pub measure of spirits = 1.5 units.





SAMPLE MEAL PLAN

Breakfast

Fruit or unsweetened fruit juice
Cereal or porridge with semi-skimmed or skimmed milk
Wholemeal/Wholegrain toast or bread

Mid-morning

Tea or coffee

Light meal

Lean meat, chicken, fish, reduced fat cheese, egg or
pulses e.g. peas, beans, lentils
Vegetables or salad
Bread, boiled or baked potatoes, pasta or rice
Fruit, low fat yoghurt or fromage frais

Mid-afternoon

Tea or coffee

Main meal

Lean meat, chicken, fish,
reduced fat cheese, egg or pulses
Vegetables or salad
Bread, Potatoes, pasta or rice
Fruit, low fat yoghurt or fromage frais

Bed-time

Tea or coffee

Suitable snacks

Fruit, bread, scones, wheaten biscuits, oatcakes,
bowl of cereal, low fat yoghurt
Tea or coffee with semi-skimmed or skimmed milk
Tap or mineral water, sugar free/ diet drinks or
low sugar squash.