

This leaflet was developed in partnership with:

Wirral Primary Care Trust

Western Cheshire Primary Care Trust

In June 2010 and has since been reviewed.

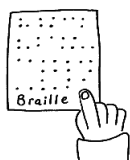


Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Healthy Eating and Being Active



This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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Information on Diet and Exercise

Food



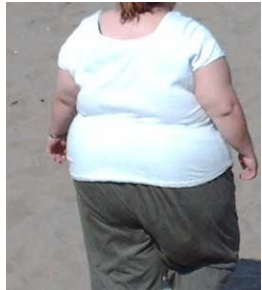
Eating food gives your body energy and keeps you healthy.



If you eat too much food you will put on weight.



If you do not eat enough food you will lose weight.

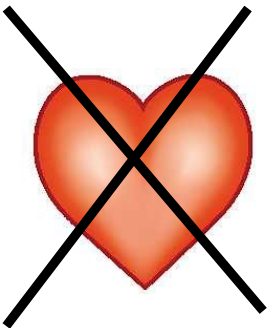


Being overweight or underweight is not healthy.



Being overweight or underweight can make you ill.

Being overweight or underweight is bad for your heart and can stop you doing activities.



Always wear loose clothing and correct foot wear when exercising.

Try to walk 10,000 steps every day.

You can use a machine that counts your steps.

This is called a pedometer.



If you are overweight it is important to talk to your GP if you want to start exercising.

When being active start slowly and gradually build up

Do not eat a big meal before you exercise

Do not drink alcohol if you have been exercising

Do not exercise if you are feeling unwell

If you have any health worries please contact your GP for advice.

Being active

You should try to be active for **30 minutes** every day.



Walking is good for you.

Walking is good for your heart.



Walking does not cost you any money.

Being active is a good way to meet new people.

Here are some activities you could try



Dancing



Swimming



Gardening



Housework

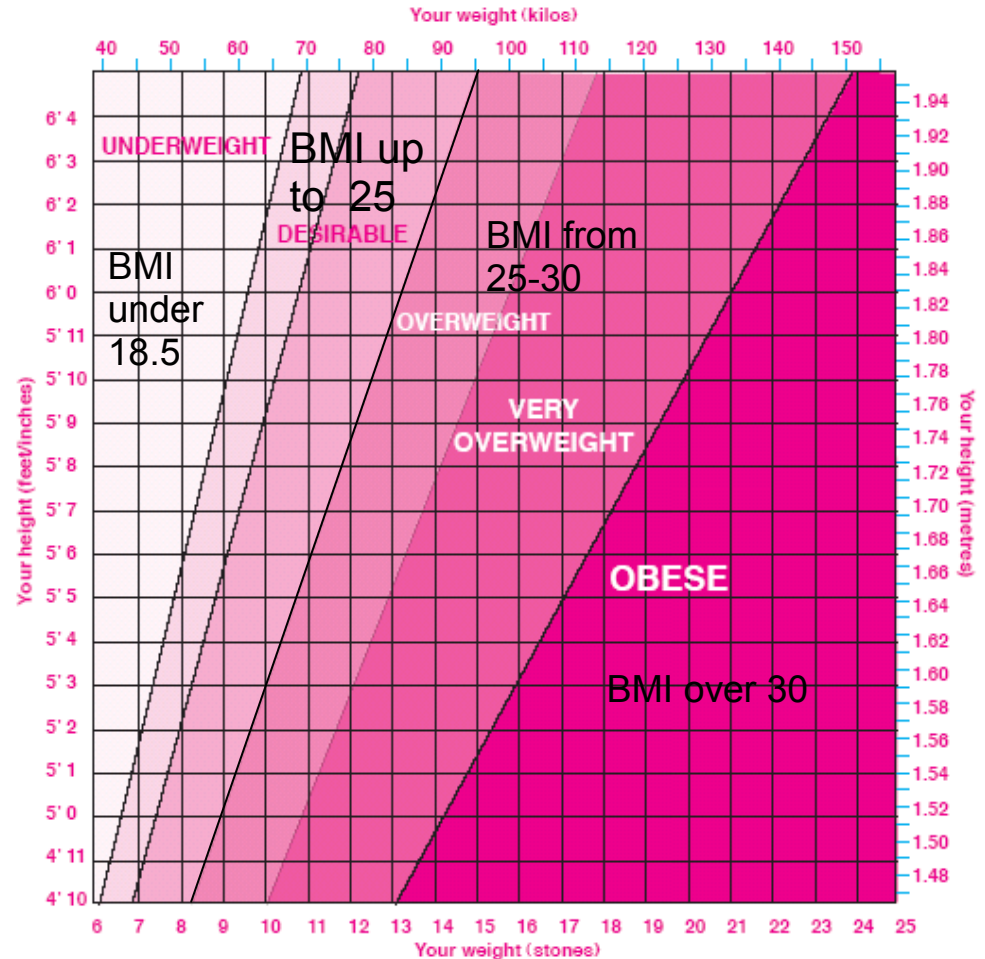
Are you overweight or underweight?



You can check if you are overweight or underweight.

You need to know your weight and your height.

Ask your carer to help you to check on the chart below.



Reasons why you can put on weight



Sitting and watching too much television.

Not doing any exercise.



Eating unhealthy snacks between meals.



Eating unhealthy food at meals.



Eating too much food.



Do not add salt to your food.

The foods below already have salt in them.

This means that you do not need to add salt.



Ready meals



Take away food



Crisps



Sauces



Cream soups

Alcohol drinks can make you put on weight.



Fizzy drinks have lots of sugar



Unhealthy Foods and Drinks

Here are some unhealthy foods.

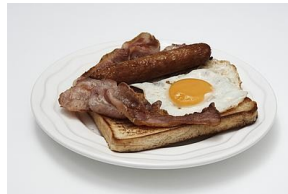
You should try not to eat too many of these foods.



Foods that are fried



Food with lots of sugar



Food with lots of fat



Sausages Burger Chips



Biscuits and cake



Chocolate



Sweets



Crisps

Healthy Eating

It is very important to eat a healthy Breakfast Lunch



Dinner

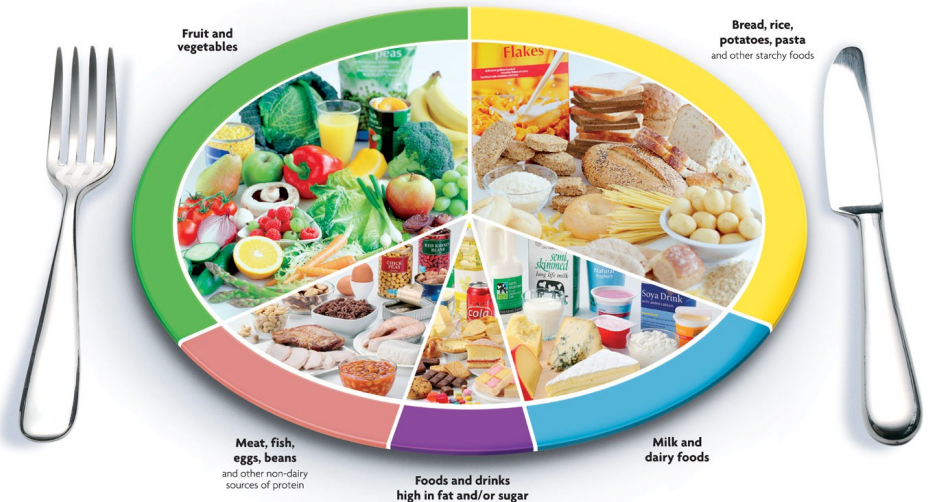
Eat some fruit if you are hungry between your meals.



Choose food every day from the food groups below. The portions should be no bigger than the size of your fist.

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.



Healthy Foods and Drinks

Here are some healthy foods.

You should eat 5 or more different fruit and vegetables every day.



Food that is steamed



Food that is grilled or cooked in the oven



Vegetables



Nuts



Fish



Write healthy foods on your shopping list.

You should drink 8-10 glasses of fluid like tea, coffee, milk, water or fruit juice every day.



Fruit



Chicken



Wholemeal Bread



Drinks like water



Drinks like fruit juice



Cereal without sugar



Natural Yoghurt



Semi skimmed milk



Tea and coffee without sugar