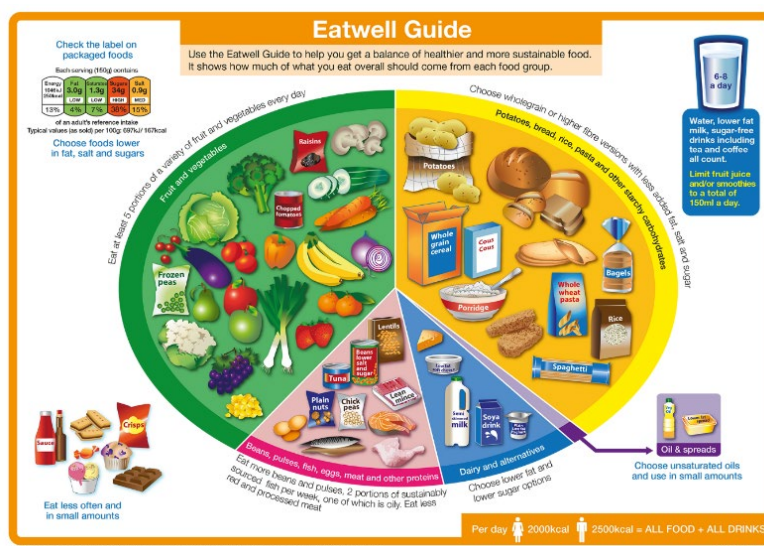


NHS Fife Nutrition and Dietetic Department

Carers food and Health toolkit



Healthy Eating

What is a healthy balanced diet?

The Eatwell Guide shows the different food groups which make up a healthy, balanced diet. It is important to eat a good variety of foods. This helps manage weight and improve wellbeing. It can also reduce the risk of some health conditions such as heart disease, stroke and diabetes.

Try to have 3 regular meals, and include the following in your diet each day:

- a starchy food at each meal.
- cereal, bread, potatoes, pasta or rice. Wholemeal/high fibre types are best.
- 2-3 helpings of protein rich foods.
- lean meat, chicken, fish, eggs, beans or pulses - lentils, chickpeas.
- a generous portion of vegetables or salad with each meal.
- 3 pieces of fruit daily.
- a small glass, 100mls of pure fruit juice is one portion.
- 1 pint (600mls) of semi-skimmed milk each day.
- small pot of yoghurt or matchbox size piece of cheese can be substituted for 1/3 (200mls) pint of milk.

Fruit and vegetables

Aim for at least 5 Portions of fruit and vegetables a day!

Here are few ways you could include these:

- add fruit to cereal.
- try banana on toast.
- snack on fruit or chopped vegetables.
- add salad to a sandwich or roll.
- have vegetable soup.
- have a large helping of vegetables or salad with your meal.
- have fruit salad as a dessert.
- have a glass of fruit juice with breakfast.

Ten top tips for a healthy diet!

1. Water and 'no added sugar' cordials are a better choice than fizzy drinks. Aim to have 6 – 8 cups of fluid each day.
2. If you are trying to control your weight, try using a smaller plate to cut down on portion sizes.
3. A large helping of vegetables or salad at each meal is a healthy way to fill up. If you are trying to lose weight aim to fill half your plate with vegetables or salad.
4. Include cereal, bread, pasta, potatoes or rice for breakfast, lunch and dinner.
5. We don't need to eat large amounts of meat. A small helping will do. Include meat with 2 meals each day. Lean meat, fish, eggs, pulses or meat-free alternatives are healthy choices. Aim to have fish at least twice a week.
6. Only use a thin scraping of butter or lower fat spread.
7. Snack on fruit. This can be frozen, fresh or tinned.
8. Cut down on high fat foods like crisps, chips, pies, pastries and fried foods.
9. Limit chocolate, sweets, cakes and biscuits to 1 small treat a day.
10. Avoid adding sugar to foods and drinks.

Portions

The Eatwell Guide shows the different food groups which make up a healthy, balanced diet. It is important to eat a good variety of foods. This helps manage weight and improve wellbeing. It can also reduce the risk of some health conditions such as heart disease, stroke and diabetes.



Carbohydrates

Aim for two to three servings a day.



Breakfast cereal
About 3 Handfuls



Dried rice or pasta
About 2 handfuls



Baked potato
About the size of your first



Bread
2 slices (or 1 as a snack)

Fruit and vegetables



Fresh fruit
One piece or a handful



Vegetables/salad
About three serving spoons



Tinned/stewed fruit
Three dessert spoons



Fruit
100mls



Raisins, sultanas or 3 dried
apricots
One dessert spoon

Milk and dairy

Aim for two to three servings a day.



Semi-skimmed milk
200mls (2/3 pints)



Low fat/low sugar yoghurt
One pot (125g) or four
dessert spoons



Cheddar/hard cheese
Matchbox size



Cottage cheese
Four dessert spoons



Low fat soft cheese
Two dessert spoons

Meat, fish and alternatives



Chicken breast
One small



Tuna in water or brine
Small tin (about 145g)



Eggs
Two



Grilled sausage/braised
streak/pork chop
One lean and grilled



Baked beans/lentils/dhal
Four heaped dessert spoons



Lean cooked meat or
corned beef
Two large slices



White fish fillet/Quorn
One medium fillet



Mince
Four heaped dessert spoons

Fats, Oils and spreads

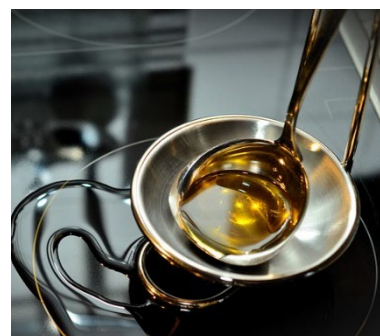
We have been increasing our portion sizes over time. We snack on foods which are high in fat and sugar. This can cause weight gain or make it difficult to lose weight. Limit fat and sugar in your diet by choosing healthier snacks. Choose smaller portions of fatty and sugary foods. Use small amounts of oils and butter/spread. Limit food high in fat.



Reduced fat spread
Two teaspoons



Butter or margarine
One teaspoon



Cooking oil/ghee or use a spray
One teaspoon



Peanut butter
One teaspoon



Mayonnaise/salad cream
One teaspoon



Reduced fat
mayonnaise/salad cream
Two teaspoons



French or caesar dressing
One dessert spoon



Single cream
Two dessert spoons



Double cream
One dessert spoon

Snacks

Reducing snacking can help to control your weight.

Watching Your Weight?

Aim For 100 Calorie Snacks, 2 A Day Max!



Top tips

- Have lower calorie snack options.
- Reduce snacking when trying to control weight.
- Eat regular meals every day to reduce snacking Have lower calorie snack options.

100 calorie snacks

- 2 cups of berries
- 2 pieces of fruit
- 2 small crackers or crispbreads with low fat cream cheese
- Raw vegetable sticks with 30g (1oz) low fat cream cheese/hummus or 2 tbsp salsa
- 1 packet sugar free polo mints
- 120g pot of 'diet' type, low fat / sugar free yoghurt
- 1 serving of 'slim' soup
- 1 serving of low-calorie hot chocolate drink
- 2 rice cakes with low fat cream cheese / cottage cheese and cucumber
- 1 crumpet
- Malt loaf slice
- Sugar free jelly
- Popcorn
- 1 triangle oatcake
- 1 scoop of ice cream
- 1 fun sized chocolate bar
- Small packet of lower fat / baked crisps
- 2 plain biscuits

Meal planning

Menu planning helps ensure your diet is healthy and provides the nourishment you need

What makes a good meal?

Menu planning should:

- Consider likes, dislikes and any special dietary needs.
- Reduce food waste and save money.
- Ensure meals do not become too repetitive.
- Reduce the use of 'convenience' foods and increase homemade meals.
- Give an opportunity to try new and different foods.

How to plan menus

- Try to plan meals for the week.
- Make a shopping list and stick to it.
- Decide on the main meal. The lighter meals such as lunch can be swapped about.
- Include a variety of filler foods. These are bread, cereal, potatoes, pasta, rice.
- Include a variety of protein foods. These are meat, poultry, fish, beans, pulses, eggs.
- Buy different types of vegetables. These can be boiled, stir fried, steamed or eaten raw.
- Write down the weekly menu. This shows how varied the meals are.
- Include high fibre breakfast cereals, wholemeal toast and fruit.
- Make as many homemade meals as possible. Convenience foods are expensive and can be high in fat, sugar and salt.
- Include plenty fruit and vegetables on your shopping list.
- Multi buy offers are only useful if you need these items, or they can be stored for future use.



Healthy meal planning ideas

- Have vegetable or pulse-based soups (e.g. lentil/broth) rather than 'cream of' types. Have homemade soup rather than packets/tins.
- Have a range of main meals and vary between fish, poultry, vegetable and meat dishes.
- Add beans or pulses to meat/poultry dishes g. chilli con carne, curry with chickpeas or lentils. Eat less fatty processed meats like pies and sausage rolls.
- Make vegetarian dishes with pulses, beans or meat alternative in place of meat.
- Have potatoes (boiled/baked/mashed), pasta, rice or noodles rather than chips. Thick cut oven chips have less fat than thin cut chips.
- Avoid adding butter or margarine to potatoes or vegetables.
- Use reduced calorie salad dressings/mayonnaise.
- Use a smaller plate and fill this with plenty vegetables/salad to make the portion appear larger.

Small changes

Small changes to what you eat, and drink can make a big difference to your health.

Did you know?

- Replace a large size burger and fries with a regular burger and fries and **save 461kcal and 32g fat.**
- Replace a cream cake with a currant bun and **save 85kcal and 17g fat.**
- Replace 1 pint of whole milk with skimmed milk and **save 187kcal and 21g fat.**
- Replace 1 slice of toast and butter with 1 slice of toast and low fat spread and **save 35kcal and 4g fat.** Over one week this could **save 245kcal and 28g fat!**
- Replace a milkshake with can of diet fizzy drink and **save 516kcal and 13g fat.**

Small changes- big benefits

Small changes make a big difference. See some top tips below for burning extra calories.

Top tips

- Park your **car** further away.
- Limit your time sitting down, get up and move around!
- Get off the bus a few stops early and walk the rest of the way.
- Walk to the shops instead of driving.
- Take the stairs instead of the lift.

Exercise and calories

35-minute leisurely walk, 5 times a week

You could burn 500 calories.

30-minute slow swim

You could burn 200 calories.

30 minutes housework like hoovering, dusting and polishing

You could burn 100 calories.

20 minutes fast walk

You could burn 100 calories.

30 minutes playing Frisbee

You could burn 100 calories.

Eating out and takeaways

Making healthier choices with takeaways.

Eating out

Choose

- ✓ starters such as soup / melon/ corn on the cob (no butter), side salad (without dressing or mayonnaise).
- ✓ soup and a main course rather than a main course and pudding.
- ✓ a smaller (½ size) portion of main course / pudding.
- ✓ grilled fish or fish steaks.
- ✓ casserole steak or potato topped pie.
- ✓ boiled or baked potatoes.
- ✓ grilled chicken, plain chicken breast/chicken kebabs.
- ✓ healthier fillings for baked potatoes like beans, tuna and sweetcorn.
- ✓ 1 or 2 scoops of vanilla ice cream if choosing **dessert**.
- ✓ a small plain burger with diet drink.

Avoid

- ✗ all you can eat' buffets.
- ✗ fried foods like chips and pastry.
- ✗ foods like steak pie.
- ✗ deep fried chicken / chicken kiev.
- ✗ apple pie or sponge and.
- ✗ custard or cream.
- ✗ 'Going large' with a meal.
- ✗ a burger with mayonnaise/cheese,
- ✗ fries and milkshake
- ✗ fried fish in batter or breadcrumbs
- ✗ cheese, coleslaw and other high fat
- ✗ fillings on baked potatoes/sandwiches



Takeaways

Choose

- ✓ to share a portion.
- ✓ fortnightly or monthly treat
- ✓ boiled rice.
- ✓ noodle or rice dishes with plenty of vegetables.
- ✓ smaller size pizza with a thin base and vegetables/lean meat toppings.
- ✓ choose a low-calorie drink.
- ✓ Tandoori or vegetable type curries with tomato-based sauce.
- ✓ thicker cut chips without salt and share a portion.
- ✓ small chapatti.
- ✓ fish in breadcrumbs.
- ✓ lean grilled burgers with salad.

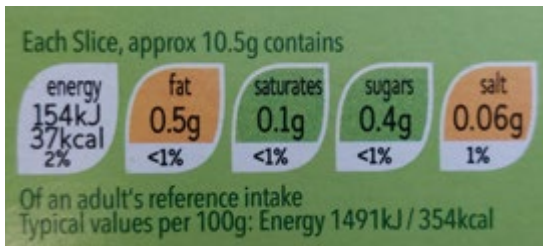
Avoid

- ✗ fried rice
- ✗ sweet and sour or deep fried/battered dishes.
- ✗ creamy curry sauces like Korma or Pasanda.
- ✗ thicker cut chips without salt and share a portion.
- ✗ pies, deep fried sausages or puddings.
- ✗ milkshake with meal
- ✗ naan bread
- ✗ deep fried pakoras, samosas and poppadom's
- ✗ fish in batter
- ✗ extras like cheese/mayonnaise and chips

Food labelling

Food labels can help us decide what types of foods we want to buy.

Some labels look like this:

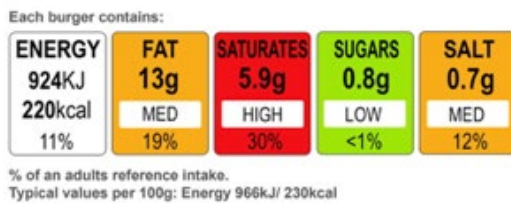


NUTRITION
We suggest this product provides 4 servings

Typical Values (prepared as directed)	Per 100ml	Per sachet	Reference intake
Energy kJ	240	549	8400
Energy kcal	57	131	2000
Fat	2.4g	5.5g	70g
of which saturates	1.2g	2.7g	20g
Carbohydrate	7.8g	18g	260g
of which sugars	2.1g	4.8g	90g
Fibre	0.6g	1.4g	
Protein	0.8g	1.8g	50g
Salt	0.40g	0.92g	6g

Food labels can look complicated. Front of pack labels can make this information easier to understand. Red, green and amber on the label tell us about salt, fat, sugar and salt. Red means high levels. Amber means medium levels. Green means low levels.

Colour coded or traffic light labels look like this:



Mostly red

Only eat this sometimes. Try to cut down, eat less often or eat smaller amounts.



Mostly amber

This is ok most of the time.



Mostly green

This is a good choice.

Fluid

Remember to drink plenty low-calorie fluids throughout the day (aim for 6-8 cups or glasses).

The best option is water.

Other options are:

- Sugar free diluting juice
- Herbal / fruit teas
- Tea/coffee
- Diet fizzy drinks (but not too many!)

What to avoid

- Energy drinks
- Fizzy soft drinks
- Adding sugar to tea and coffee
- Alcohol

List of resources

Healthy Eating Healthy Living

- A training pack designed to encourage healthy eating as a way of life for people with learning disabilities. Can be downloaded from: <https://www.sclid.org.uk/healthy-eating-healthy-living-pack/>

Caroline Walker Trust

- Eating Well: Children and Adults with Learning Disabilities – Training Materials. This can be downloaded for free from: <https://www.cwt.org.uk/downloads/> (Some materials are out of date but do provide basic relevant information/menu ideas.)

Easy Health website

- A variety of resources available to download from: www.easyhealth.org.uk

Communication for Health, NHS Fife

- This website is for staff and carers who are looking for accessible information for people with learning disabilities. Google: '[Communication for Health NHS Fife](#)'.

Pictorial recipes and cookbooks available from:

- HPAC, NHS Fife <http://hpac.fife.scot.nhs.uk> (My Own Cookbook and Cook Your Own Takeaway)
- Community Food and Health Scotland www.communityfoodandhealth.org.uk (Resources > Good Practice and Ideas > Community Cooking Sessions)