



The background of the poster features a close-up photograph of fresh fruits, including a large red and yellow apple, several bright red raspberries, and a yellow banana. The image is partially obscured by a large, curved green graphic element that sweeps across the right side of the page.

Healthy Eating

8 ways towards better health

Name: _____

Contact person : _____

Contact number: _____

8 Ways Towards Better Health

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

1. Do not smoke or if you do smoke: get help to stop.
2. Aim for a healthy weight.
3. Take regular physical activity.
4. Include plenty of fruit, vegetables and wholegrain foods in your diet.
5. Eat less fat.
6. Eat less sugar.
7. Avoid salt and salty foods.
8. Keep alcohol intake within limits advised.

1. Where can I get help to quit smoking?

Ask your doctor, nurse or pharmacist to put you in touch with a local 'stop smoking' service. Alternatively, you can speak to a specially trained counsellor by calling:

Northern Ireland Smoking Cessation

Helpline: T: 0800 858585

Quitline: T: 0800 002200

www.want2stop.info



2. Aim for a healthy weight

If we eat more than our body needs, we will gain weight. This is because we store any energy we don't use up as fat. Even small amounts of extra energy from food and some drinks each day can gradually lead to weight gain.

If you are worried about your weight ask your GP or a Registered Dietitian for advice.



3. Staying Active

This can help:-

- Control weight
- Lower blood pressure
- Protect us from serious conditions such as heart disease, stroke, osteoporosis, diabetes and some cancers
- Improve self confidence, making us look and feel better
- Reduce stress, anxiety and depression.

Being more active is easier than you think. Begin by putting a little extra effort into things you do every day, e.g. park car further away, use stairs more often.

Ideally everyone should take at least 30 minutes of moderate physical activity most days of the week. This can be done in one go or split into sessions eg. 3 sessions of 10 minutes each or 2 sessions of 15 minutes each.

Choose an activity that you enjoy and is convenient for you, eg.

- Walking, dancing, exercising at home to a DVD, cycling, swimming or aqua aerobics

It is sometimes hard to get started so why not begin with one of the following:

- Walking groups – meet weekly in a range of areas
- Healthwise – a 12 week tailored exercise programme delivered through leisure centres. Ask your GP or practice nurse for more information
- If you find it difficult to be active because of health problems why not try chair based activity sessions
- Ask a friend or family member to join you. Support and encouragement can help keep you motivated.

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

For more information about keeping active, including local walking groups, contact the Health Promotion Department in your Health and Social Care Trust.

Tip

Regular physical activity has many benefits



4. How to Eat More Fibre

Include:

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

Diets rich in fruit and vegetables help protect against heart disease and some cancers.

Have at least five portions of fruit and vegetables daily. Choose a wide variety of different coloured fruit and vegetables for a range of vitamins and minerals.

One portion of fruit or vegetable is:

- 1 slice of large fruit, eg. melon or pineapple
- 1 medium sized fruit, eg. pear, banana or apple
- 2 small fruits, eg. kiwi, mandarin oranges or plums
- 3 heaped tablespoons of fruit salad or tinned fruit
- 1 handful of very small fruit eg. grapes or strawberries
- 1 glass of fruit juice (150ml) can only be counted as one portion a day even if more than this is consumed



- 3 heaped tablespoons of cooked vegetables
- 1 dessert bowl of salad
- 1 heaped tablespoon of dried fruit (best taken at mealtimes and not between meals to protect teeth).

Include at least 6-8 glasses (1.2 litres) of fluids (non sugary) daily eg. water, tea, or coffee.

Tip

Eat a variety of foods rich in fibre daily



5. How to Eat Less Fat

Cut down on the total amount of fat you eat, especially saturated fat

- 1 Trim visible fat, remove skin from chicken and turkey and drain off fat from cooked meat.
- 2 Grill, boil, bake, stew, steam or microwave food instead of frying. Limit fried foods such as chips, sauté potatoes and fried meats.
- 3 Use all fats and oils sparingly. Avoid adding fats to food as much as possible, eg. avoid adding butter/margarine to vegetables or potatoes and use sparingly on bread.
- 4 Choose a spread or cooking oil labelled “high in monounsaturates” eg. rapeseed or olive , or “high in polyunsaturates” eg. sunflower, soya or corn oil.



- 5 Use lower fat alternatives, eg. skimmed or semi-skimmed milk and lower fat cheeses such as Cottage Cheese, Edam, Gouda, Mozzarella or reduced fat Cheddar.
- 6 Eat fewer fat-rich foods eg. pastry, pies, cream, cakes, biscuits, chocolate, creamy sauces and meat products eg. sausage rolls, sausages.
- 7 Try to buy leaner cuts of meat. Use smaller quantities of meat and include chicken or turkey. Fill up with vegetables, potatoes, peas, beans, lentils, rice, pasta and bread.
- 8 Include fish at least twice a week and make one of these an oily fish, eg. mackerel, herring, sardines or salmon.

IMPORTANT

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

6. How to Eat Less Sugar

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

- Avoid sugary snacks such as cakes, biscuits and sweetened drinks between meals. Where possible limit these to mealtimes. Choose fruit as a snack instead
- Have tea or coffee without sugar or, if needed use an artificial sweetener such as Hermesetas, Canderel or Sweetex
- Drinks to take between meals include water, tea and coffee without sugar. Fruit juices, sugar-free diet drinks and low sugar squashes are acidic and can cause dental erosion. These are best taken well diluted where possible and limited to mealtimes. Water is best!





7. How to Eat Less Salt

Eating too much salt can cause high blood pressure which can increase your risk of heart disease.

- Adults should have no more than 6 grams of salt daily
- Try not to add salt at the table and use sparingly during cooking
- Use pepper, herbs and spices to flavour food instead of salt
- Avoid salt substitutes such as Losalt, Ruthamol or Selora
- Eat fewer crisps, nuts, cured or smoked meats and fish, tinned and packet foods
- If using tinned or processed foods choose reduced salt or no added salt varieties.

Tip

Try to reduce salt. Use herbs and spices to flavour food.

8. Drink Sensibly

Regular heavy drinking can damage the liver, heart, brain and stomach. It can also cause some cancers eg. of the mouth and throat and increase the risk of liver, stomach and breast cancers. Alcohol is high in calories so cutting down could help you control your weight.

It is important not to drink too much in a single day.

Recommended limits for alcohol:

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 your health.

Binge drinking is:

- A man drinking 10 or more units of alcohol in one session (as little as 5 pints of normal strength beer)
- A woman drinking 7 or more units in one session (as little as 3 small glasses of wine and 2 vodkas)

Units of alcohol in drinks:

- Pint of lager = 2½ units
- Pint of premium lager = 3 units
- ½ pint cider = 1½ units
- Northern Ireland pub measure of spirits = 1½ units
- Alcopops/ready mixed drink = 1½ units
- Bottle of lager = 1½ units
- Pint of stout = 2½ units
- Can of extra strong lager = 4½ units
- Small bottle of wine = 2¼ units
- Bottle of wine = 9 units.

Try to spread your alcohol intake over the week and include some alcohol free days.



Sample meal plan



Breakfast

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

Mid-morning

Tea or coffee

Light meal

Lean meat, chicken, fish, reduced fat cheese, egg or pulses eg. peas, beans, lentils, vegetables or salad
Wholemeal / Wholegrain bread or boiled / 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
Wholemeal / wholegrain bread or boiled / baked potatoes, pasta or rice
Fruit, low fat yoghurt or fromage frais

Bed-time

Tea or coffee

Suitable snacks

Fruit, vegetable sticks, bread, toast, bowl of unsweetened wholegrain cereal, “Diet”/ “Lite” yoghurt.

Tea or coffee with skimmed or semi-skimmed milk.

Water or well diluted squash or fruit juice.



Food labelling

If you want to eat a healthy diet, one of the key things you can do is to try to cut down on fat (especially saturated fat), salt and added sugars. When you are checking food labels to choose which products to buy, traffic light colours can help you make that choice quickly and easily.

Use this easy guide to make healthier choices while shopping.

What the colours mean:

RED means HIGH indicating that the food is high in fat, sugars or salt. It's fine to eat this food occasionally, but think about how often you choose it and how much of it you eat.

AMBER means MEDIUM making it an OK choice. Use in moderation. Going for green is even better!

GREEN means it is LOW which makes it a healthier choice.

USING TRAFFIC LIGHTS to make healthier choices

Per 100g of food	Fat content	Saturated fat content	Sugar content	Salt content	Sodium content
High	Over 20g	Over 5g	Over 15g	Over 1.5g	Over 0.6g
Medium	Between 3g - 20g	Between 1.5g - 5g	Between 5g - 15g	Between 0.3g - 1.5g	Between 0.1g - 0.6g
Low	3g or less	1.5g or less	5g or less	0.3g or less	0.1g or less

Useful websites

Eat well - www.eatwell.gov.uk

Food Standards Agency - www.food.gov.uk

British Dietetic Association - www.bda.uk.com

5 a day - www.5aday.nhs.uk

HSC Public Health Agency - www.enjoyhealthyeating.info

Compiled by the Community Nutrition and Dietetic Service

Produced by CRIS
Communication Resources & Information Services
Dorothy Gardiner Building
Knockbracken Healthcare Park
Saintfield Road, Belfast, BT8 8BH
T 028 9056 3770