Healthy Eating and Being Active

Information on Diet and Exercise

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Wirral Primary Care Trust
Western Cheshire Primary Care Trust

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**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.

Fruit and vegetables  Bread, rice, potatoes, pasta and other starchy foods  Meat, fish, eggs, beans and other non-dairy sources of protein  Foods and drinks high in fat and/or sugar  Milk and dairy foods
Healthy Foods and Drinks

Here are some healthy foods. You should eat 5 or more different fruit and vegetables every day.

Vegetables  Nuts  Fish

Fruit  Chicken  Wholemeal Bread

Cereal without sugar  Natural Yoghurt

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

Food that is steamed  Food that is grilled or cooked in the oven

Write healthy foods on your shopping list.

Drinks like water  Semi skimmed milk

Drinks like fruit juice  Tea and coffee without sugar