

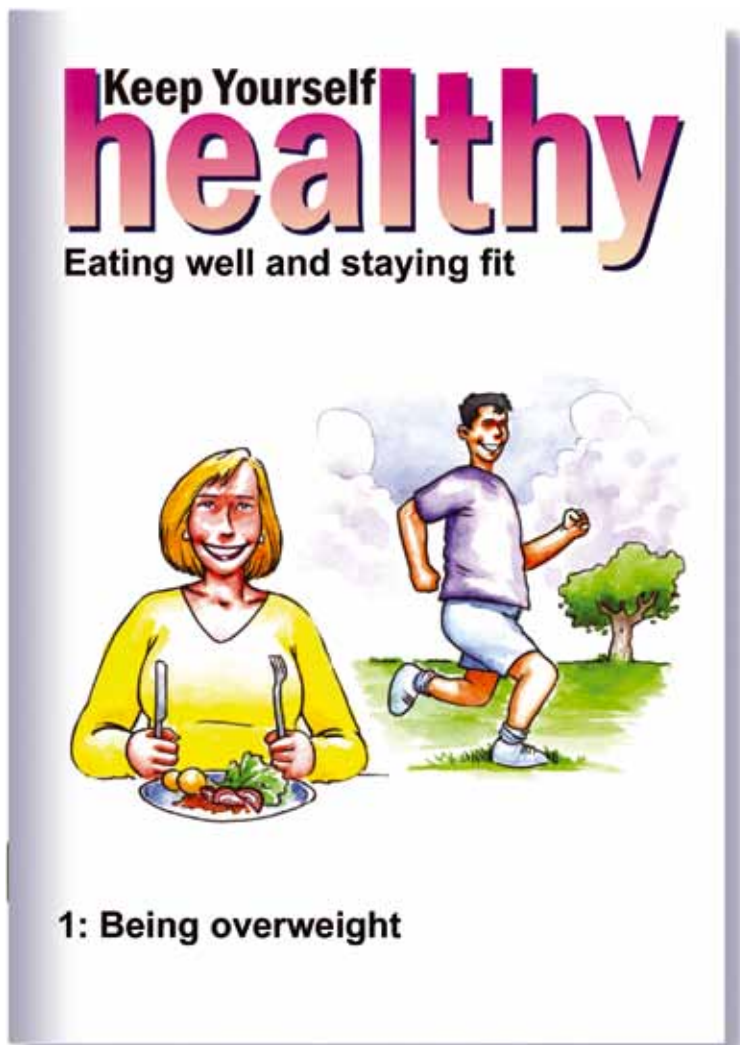
Keep Yourself healthy

Eating well and staying fit



2: Choosing what you eat and drink

Also in the **Eating well and staying fit** series:



You should read **Booklet 1: Being overweight** before reading this one.

This booklet will tell you about the changes you need to make to help you lose weight.



Changes you need to make to help you lose weight:



Eating smaller amounts of food.



Put less food in your bowl or on your plate. Try using a smaller plate.

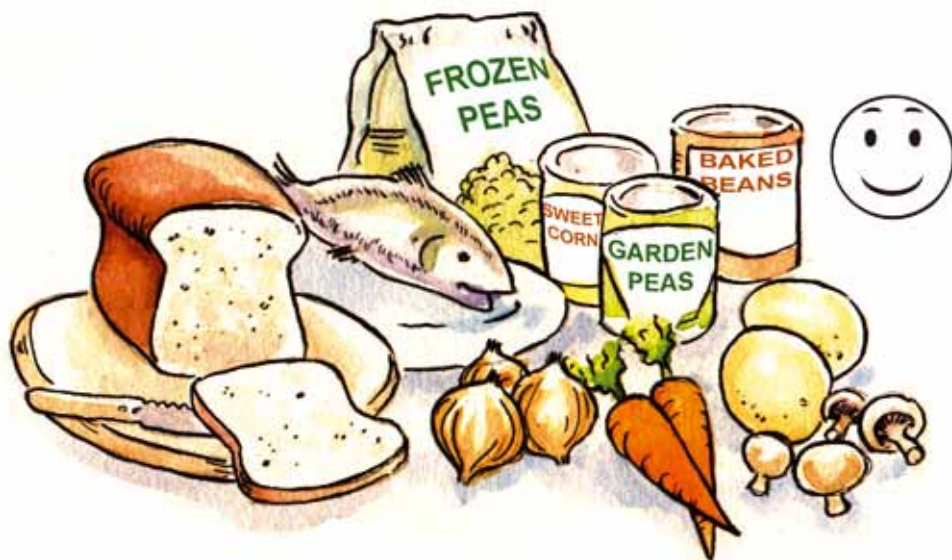


Try to eat foods with less sugar in them.



Try to have drinks with less sugar in them.

Try to eat less fatty foods and make healthy low-fat choices.



Try to have less salt with your food.



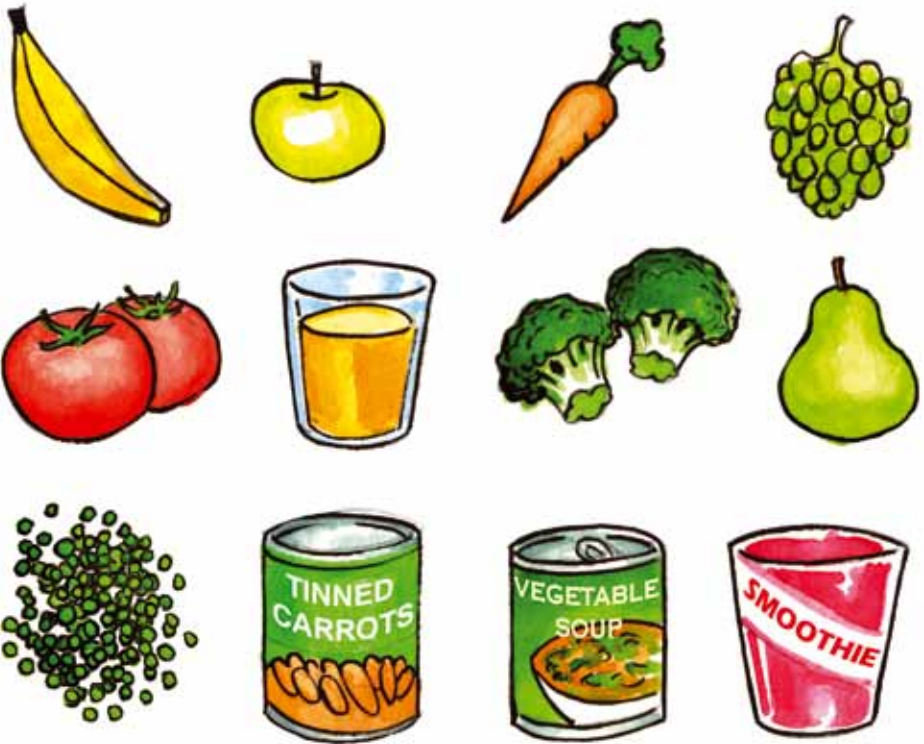
Remember that some foods already have salt in them, and you don't need to add any more.



Too much salt could make your blood-pressure too high and give you heart problems.

It is good to eat 5 portions of fruit and vegetables every day.

Here are some choices of fruit and vegetables you can have each day.



Fruit and vegetables help to keep you healthy. They are low in fat, salt and sugar. Eating fruit and vegetables helps to stop you getting heart disease and some cancers.

Make changes to help you lose weight and feel healthy.



Plan your meals, making healthy choices.



Go shopping for all the foods you will need to make your healthy meals and snacks.

Choosing fruit and vegetables



fresh



frozen



tinned

Fruit and vegetables can be bought fresh, frozen or tinned.



breakfast



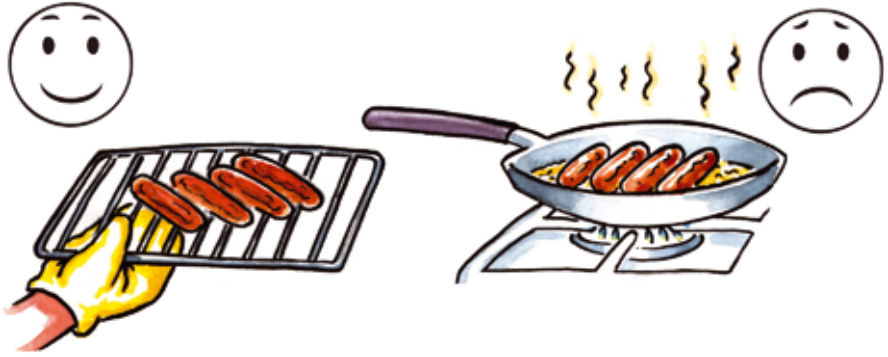
lunch



dinner

Try to have fruit or vegetables with each meal. It is good to have three meals each day.

Healthy ways to cook



Grill or boil your food, instead of frying it.



Try to cook your meals and not buy take-away meals or ready meals.

It's good to have a little treat now and then.

You can choose one or two treats every week.

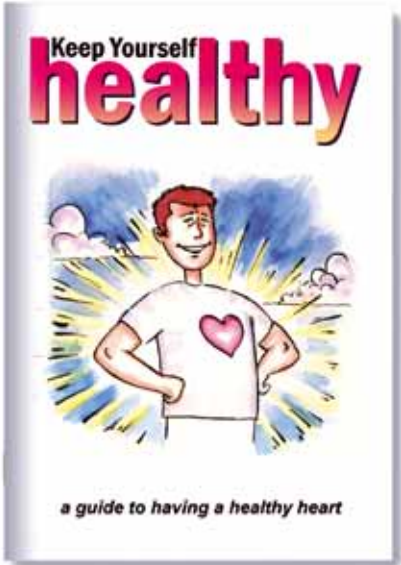
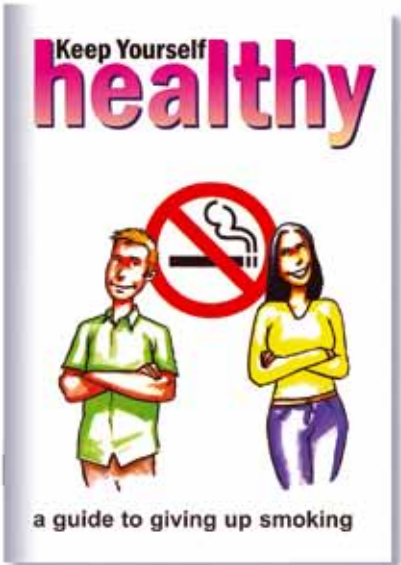
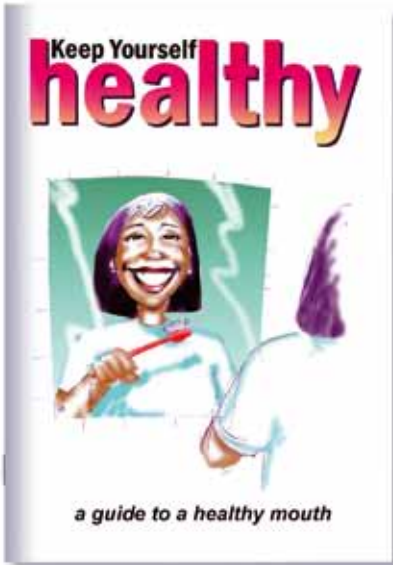


Try to make healthy choices.



Keep going with your healthy food. Sometimes it can be hard, but don't give up.

Other booklets that might help you to lose weight and stay healthy:



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