

# Healthy living for adults



Some people will need someone to help them to go through this information so that they understand it. This person may be a member of staff, someone from your family or a friend.



The information in this leaflet should not replace any advice you have been given by a healthcare professional.



A healthy diet:

- keeps your weight and body healthy
- helps keep your heart healthy
- keeps your muscles and bones strong
- is good for your teeth



Try to eat 3 healthy meals every day.



Try to eat foods from each food group on the Eatwell Guide.

# Food Groups

## Fruits and Vegetables



Have vegetables and salad with your meals.



x5

Try to have at least 5 vegetables and fruits a day.  
At least 3 of these portions should be vegetables.

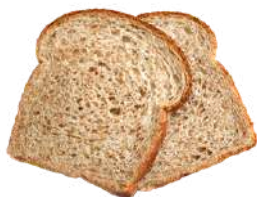


Try to pick different colours of fruits and vegetables.

## Carbohydrates



Carbohydrates are foods like potatoes, bread, pasta, and rice.



Higher fibre foods like brown bread is better for you.  
Try to have some carbohydrates with every meal.



A portion of carbohydrates would be:

- two handfuls of dried pasta or rice
- two slices of bread

## Protein



Protein is foods like chicken, meat, eggs, fish, beans, and lentils.  
Try to have 2-3 portions of protein every day.



Try to eat 2 portions of fish every week.  
1 portion should be oily fish like salmon.

# Food Groups - continued

## Dairy



Dairy is foods like milk, yoghurts, and cheese.



Have 3 portions a day of dairy.

- A portion of dairy is:
- 1 glass of milk
- 150g pot of yoghurt
- A matchbox-size piece of cheese

## Fats



Fats like oil and butter should be eaten in small amounts.

## Snacks



Try to eat less chocolate, cakes, sweets, crisps, and chips.



If you need a snack, try a piece of fruit or a no added sugar yogurt.

## Drinks



Have 6 – 8 drinks a day. Choose healthier drinks like:

- Water
- No added sugar or diet drinks

# Physical activity for adults

## Physical activity



Try to be active and move your body.  
This will help to keep your weight stable and your body healthier.

5 Days a Week	
Monday	✓
Tuesday	✓
Wednesday	✓
Thursday	
Friday	✓
Saturday	✓
Sunday	

Try to be physically active for 150 minutes each week.  
You can break this up by exercising for 30 minutes, 5 times a week.

Here are some physical activities you could do:

### Dance



### Walk



### Gym



### Swimming



## Support and Help



You can speak to your care team or doctor if you need help with your health.



For more information use the link below or scan the QR code opposite with a smartphone to view an easy read physical activity guide for adults.

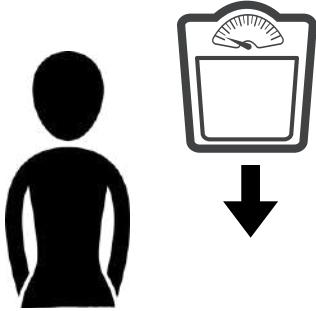
<https://bit.ly/ER-Active>

# How to find out if you are a healthy weight

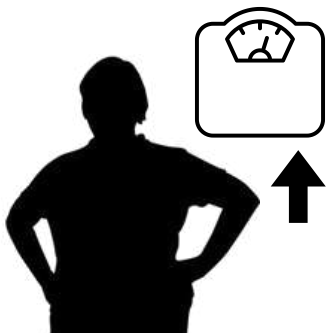


A weight check can tell you if you are:

- a healthy weight
- overweight
- or if your weight is too low



Being underweight can cause you to get sick easily, feel tired and weak.



Being overweight can cause type 2 diabetes, heart disease, backpain and some cancers.



You will have a weight check at your annual health check.

You can also have a weight check sooner if you are worried and have any concerns.



Talk to your doctor or nurse if:

- You are overweight
- Your weight is too low
- You have lost weight without trying