

# Eating Well – Healthy Eating

What we eat can affect our physical and mental health and therefore it is important to eat well. The following provides guidance and advice on healthy eating, getting your 5 a day and staying hydrated.

Eat 5 portions of fruit and vegetables a day

Replace unhealthy snacks with alternatives such as natural yoghurt, fruit, olives, cheese and crackers or vegetables and humus

Try healthier baking with banana breads or grating carrots and courgettes into brownies and cakes

Plan meals for the week and write a shopping list to avoid buying non-essential food items

Follow the traffic [light](#) system when shopping and consume food that is highlighted 'red' less often

Limit baking with butter icing

Eat regularly and follow the main food groups from the Eatwell [Guide](#)

Cook additional portions and freeze for another day

Eat left overs for lunch

Base each meal around a carbohydrate item and try to chose wholegrain products where possible

Avoid pre-bought sauces which are often high in fat and sugar

Consume fish twice per week (one of which should be oily)

# Eating Well – Tips for getting your 5 a day

Top your breakfast with fruit such as cereal and berries, or toast and banana or yoghurt and fruit



Have some salad alongside your sandwich at lunch time

Have vegetable/lentil soup and a piece of fruit or veggie sticks and hummus for lunch

Have 1-2 portions of vegetables with your dinner i.e. peas and sweetcorn

Bulk buy fruit and veg to batch cook and freeze healthy recipes

Use frozen fruit and veg for convenience. Frozen vegetables are picked at the peak of freshness and frozen to seal in nutrients



Mushrooms can be a good source of vitamin D

Pulses are high in fibre and count towards 1 of your 5 a day

Bulk out recipes with vegetables such as bolognese with grated carrots and parsnips

Snack on fruit and vegetables i.e. apple, raw broccoli, mandarins, carrot/pepper sticks with yoghurt dip

# Staying Hydrated

Drink 8 glasses of water a day – try to set targets

Water Target 1 – Drink a glass of water every time you take a bathroom break

Water Target 2 – Download an app which helps track your daily intake of water

Water Target 3 – Use a marked water bottle to track your progress of drinking water throughout the day

Milk, Tea, Coffee and herbal tea also help to hydrate

Eat fruit and vegetables which are rich with high water content



Fruit and Veg Tip – cucumber, tomato, watermelon, spinach, broccoli and oranges are high in water content

Avoid drinking high volumes of fruit juices and fizzy drinks as they can be high in sugar and acidic to teeth enamel

Limit alcohol intake to no more than 14 units per week