

## Key messages

- Eat 5-a-day: Fruit and vegetables are part of a balanced diet and can help us stay healthy.
- Cut down on fat, sugar and salt whenever you can

## Other important messages to consider

- Check food labels when you're shopping to help you make healthier choices. Choose foods that are low in saturated fat, sugar and salt.
- Drink plenty of water
- Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.
- Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least two portions a week.
- Don't skip breakfast. It will give you the energy for the day ahead and you may be less likely to reach for that mid-morning sugary snack.
- Eat the right number of calories for how active you are, so that you balance the energy you consume with the energy you use. The average man needs around 2,500 calories a day, and the average woman needs 2,000. For slow and steady weight loss, the average person needs to reduce their daily energy (calorie) intake by around 500 calories.
- A safe and healthy weight loss is around 0.5kg to 1kg a week (between 1 and 2 lb).

## Why is it important?

- Maintaining a healthy weight and eating a healthy, balanced diet can improve your physical health and emotional wellbeing.
- Being overweight increases your risk of type 2 diabetes, high blood pressure, cardiovascular disease, and some cancers.
- Being overweight can impact on your self-esteem and confidence.

## Signposting to local services and online support

<p><b>NHS Choices</b> - presents a range of useful nutritional advice, guidance and links</p> <ul style="list-style-type: none"> <li>• <b>Food and diet</b> <a href="http://www.nhs.uk/livewell/goodfood/">www.nhs.uk/livewell/goodfood/</a></li> <li>• <b>Healthy eating tips</b> <a href="http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx">http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx</a></li> </ul>
<p><b>One You</b> – the current national healthy living campaign providing tools, support and encouragement to be healthier</p> <ul style="list-style-type: none"> <li>• <b>Eating</b> <a href="http://oneyouislinton.org/topic/eat-well/">http://oneyouislinton.org/topic/eat-well/</a></li> <li>• <a href="http://oneyoucamden.org/topic/eat-well/">http://oneyoucamden.org/topic/eat-well/</a></li> </ul>
<p><b>Change4Life</b> – national healthy living campaign</p> <ul style="list-style-type: none"> <li>• <b>Eat Well</b> <a href="http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx">www.nhs.uk/Change4Life/Pages/healthy-eating.aspx</a></li> </ul>
<p><b>BDA Food Fact Sheets</b></p> <ul style="list-style-type: none"> <li>• These are written by dieticians, to help people learn the best ways to eat and drink to keep your body fit and healthy.</li> <li>• <a href="http://www.bda.uk.com/foodfacts/home">www.bda.uk.com/foodfacts/home</a></li> </ul>