



*Better
Together*

Patient information

Healthy Eating

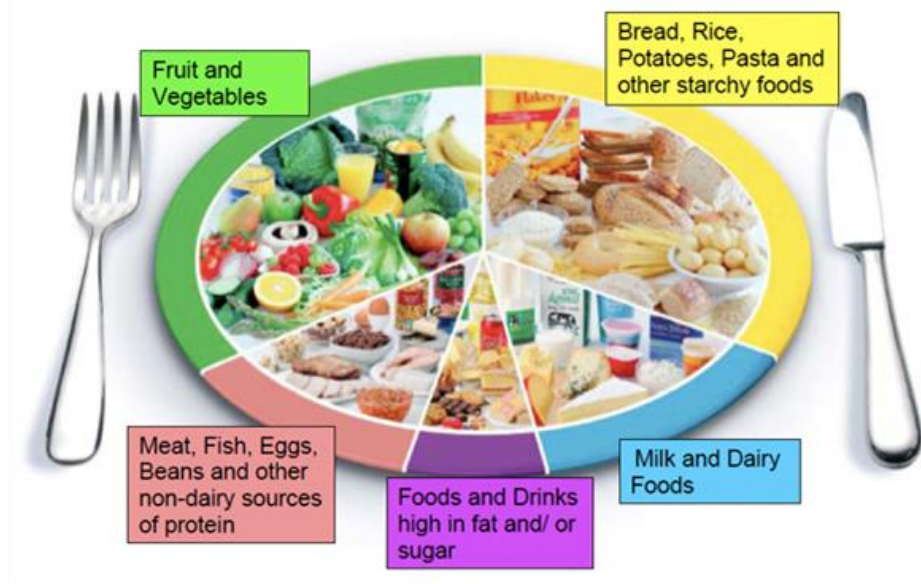
Therapies Directorate

Royal Liverpool Hospital and Broadgreen Hospital

PIF 1739 V2

A healthy balanced diet is the basis of good health and can help to reduce risk factors for cancer and cardiovascular diseases such as coronary heart disease and stroke.

The Eatwell Plate



The Eatwell Plate provides a practical guide to help you get the balance right. It shows how much of what you eat should come from each food group.

So, try to eat:

- Plenty of fruit and vegetables – aim for ‘five a day’
- Have a starchy carbohydrate food with each meal for example bread, potatoes, pasta, rice or cous cous. Try to use wholegrain or wholemeal varieties as they contain more fibre.
- Some milk and dairy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Just a small amount of foods and drinks high in fat and/or sugar.

Aim to eat at least five portions of different fruits and/or vegetables each day.

Fruit and vegetables provide vitamins, minerals and fibre. These can help to protect us against heart disease, stroke and some cancers. It is important to try and have a variety of fruit and vegetables as they contain vitamins and minerals in different amounts and that is why they are all in different colours.



What is a Portion?

- medium glass (150mls) of pure fruit juice/smoothie – **should only count as one serving/day**
- One medium sized fresh fruit - apple/orange/pear/banana
- Two small sized fresh fruits – satsumas/kiwis/plums
- One tablespoon of raisins
- Three dried apricots
- Two tablespoons of cooked fruit or tinned fruit
- Two tablespoons of cooked vegetables or salad
- Small bowl of homemade vegetable soup

Frozen, dried or canned fruits and vegetables are just as good for you as fresh and they can be quick to prepare, convenient and economical.

Ways to eat more fruit and vegetables

- Have fruit juice or fruit, or both, with your breakfast every day
- Keep a well stocked fruit bowl at home and at work so you can eat fruit during the day
- Try to include at least two different vegetables with main meals
- Add salad to sandwiches
- You could snack on fruit or raw vegetables like celery, carrots or peppers.

Include oily fish as part of a healthy balanced diet

Oily fish contain oils known as omega 3 fatty acids which are good for your health

Why are omega-3 fats good for our health?

- Can help the heart to beat more regularly
- Can reduce the 'stickiness' of blood, making it less likely to clot
- Can help to keep arteries smooth and supple.

Oily fish include the following:

- Sardines
- Fresh tuna*
- Mackerel
- Trout
- Herring
- Pilchards
- Kippers
- Salmon

*(tinned tuna does not contain the beneficial omega 3 oils; however it can still be included as part of a healthy balanced diet)

Meal ideas using oily fish

- Sardines in tomato sauce on toast
- Baked mackerel, jacket potato and salad
- Baked lemon trout, boiled potatoes and a green salad
- Salmon fishcakes, salad and crusty bread
- Salmon steak, new potatoes, broccoli and carrots
- Fish pie (potato topping) – Use a mixture of salmon and white fish
- Stir-fry – toss noodles with salmon and vegetables.

It is also a good idea to include white fish e.g. cod, haddock, plaice etc as they are a good source of protein and lower calorie option.

Aim to have one portion of oily fish per week and include white fish as part of a healthy balanced diet.

Focus on Fat

Fat is an important part of our diet because it gives us energy and vitamins. However, eating too much fat can lead to weight gain and increase the risk of stroke, heart disease, diabetes and more.

Which fats should we eat?

There are two types in the diet - **saturated** and **unsaturated**.

Saturated fat

- These are the fats that we should try to eat less of as they can lead to an increase in cholesterol levels.
- They are found in many animal products including butter, lard, ghee, fat on meat, full-fat dairy products like cheese and yoghurt, mayonnaise and some margarines.
- They can also be 'hidden' in cakes, pastries, crisps, deep-fried foods and biscuits.

Unsaturated fats

- They may be called polyunsaturated and monounsaturated fat on food labels.
- These are healthier fats that should replace saturated fats.

Polyunsaturated fat

- Found in vegetable oil, margarine and oily fish.

Monounsaturated fat

- Found in olive oil, rapeseed oil and olive oil based spreads.

How can we eat less fat?

- Grill, bake or steam food instead of frying
- Use skimmed or semi-skimmed milk instead of full fat/whole milk
- Use low fat dairy products such as low fat cheese and low fat yoghurts
- Spread unsaturated margarine or low-fat spread thinly
- Choose lean cuts of meat, remove visible fat from meat and remove the skin from poultry before cooking
- Avoid using cooking oil, or use only a small amount.

Remember if trying to lose weight total fat should be reduced in the diet.

Reduce your intake of salt

Eating too much salt can increase your risk of developing high blood pressure. Having high blood pressure is a major risk factor for stroke and other cardiovascular diseases.

About 75% of the salt we eat is already added to the food we buy.

All adults should aim to consume less than **6g of salt per day**, less for children.

Be salt aware

- Cut down on salty snacks such as crisps, salted nuts and salted popcorn
- Use little or no salt in cooking and try not to add extra salt at the table. Try using pepper, spices, herbs and other flavourings to add different tastes to food.
- Cut down on salty meats and meat products such as ham, bacon, sausage and salami
- Reduce high salt ready meals, sauces and takeaway meals. Healthier low salt options are available if you read the labels clearly
- Reduce canned, packet and instant soups
- Cut down on stock cubes, gravy powder and salted flavourings.

What does your Food Label say?

Food labels will tell you how many calories, carbohydrate, fat, protein, salt and some vitamins and minerals are in the product.

Most labels will list the amount 'per 100g'.

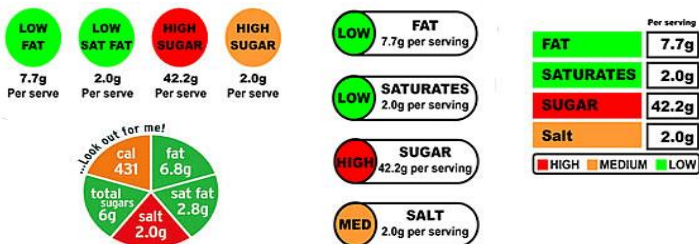
The following table can be used to guide you in choosing healthier options. Try to choose foods which fall into the green or amber categories as much as possible:

All measures per 100g	Low A healthier choice	Medium OK most of the time	High Just occasionally
Sugars	5g or less	5.1g – 15g	More than 15g
Fat	3g or less	3.1g – 20g	More than 20g
Saturates	1.5g or less	1.6g – 5g	More than 5g
Salt	0.3g or less	0.31g – 1.5g	More than 1.5g

Other products will list the amount per the exact weight of the product or as a percentage (%) of your Guideline Daily amounts.

Other claims which can be found on labels include 'reduced fat' or 'light'. Care should be taken with these claims as a product which claims to contain 25% less fat may still be high in fat. Using the above table for all labels will therefore reduce any confusion with these claims.

Here are some examples of ways food labels are presented:



Watch what you drink

High alcohol consumption is linked to raised blood pressure, stroke and heart disease.

There is also a significant amount of calories in various alcoholic drinks which can contribute to weight gain.

Experts recommend keeping your alcohol levels within the limit of two to three units a day if you're a woman and three to four units a day if you're a man.

1 unit = $\frac{1}{2}$ pint standard strength beer or larger
= a 25ml pub measure of spirits
= a 125ml glass of wine

You should also have at least two alcohol free days per week.

Examples:

Alcohol	Units	Calories	Calorie Equivalent
Pint of Lager, Cider, Ale	Average 2.8 units	170 - 250	Ring Doughnut
250ml Glass of Wine (Large)	Up to 3.3 units	125 - 165	2 scoops of vanilla ice-cream
25ml spirits	1 unit	55	12g of fudge (2 cubes)
50ml liqueurs	1 – 2 units	165	100g chips
275ml Alcopop	Average 1.5 units	150 - 200	6-7 squares of milk chocolate

Watch your weight

Being overweight is a risk factor for high blood pressure, high cholesterol, heart disease, diabetes, stroke and some cancers. You can use the BMI chart to discover your BMI (body mass index) by using your weight and height. Ideally your BMI should be between 20 to 25kg/m²

height
(m)

weight
(kg)

weight
(st/lbs)

	1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98	
150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8
148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3
146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13
144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9
142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4
140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s
138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10
136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5
134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1
132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10
130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6
128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2
126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12
124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7
122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3
120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13
118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8
116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4
114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13
112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9
110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5
108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s
106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10
104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5
102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1
100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10
98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6
96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2
94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11
92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7
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88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13s 12
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3
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78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12s
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11s 9
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6
64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10s 1
62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9s 11
60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9s 6
58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9s 2
56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8s 11
54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8s 7
52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8s 3
50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7s 12
48	25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7s 8
46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7s 3
44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	11	11	6s 13
42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6s 9
40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6s 4
38	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	6s
36	19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	5s 9
	4'6" ¹⁰	4'8"	4'9" ¹⁰	4'11"	5'0"	5'2"	5'4"	5'5" ¹⁰	5'7"	5'8" ¹⁰	5'10"	5'11" ¹⁰	6'1"	6'3"	6'4" ¹⁰	6'6"	

- Eat regular meals – breakfast, lunch and dinner
- Eat a wide variety of foods from all the food groups
- Watch your portion sizes, especially when eating out
- Avoid high calorie snacks between meals.

Take more exercise

Just thirty minutes of activity five days a week will also aid the above and is independently good for your health.

- Slowly build on the amount of activity that you do so that it becomes part of your daily routine
- You can start by increasing daily activity such as walking, gardening, cycling or climbing stairs instead of using the lift.

My Goals

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-
-
-
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Further information

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