

Diet and Nutrition Advice



You may be actively trying to lose weight either as a lifestyle choice or because extra weight is making a health condition worse, or putting you at a greater risk of developing health problems in the future.

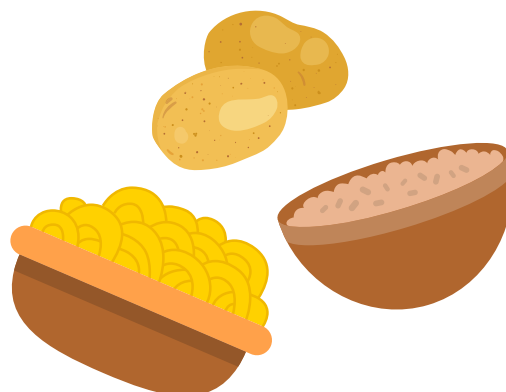
The key to a healthy diet is to eat the right number of calories for how active you are, so you balance the energy you consume with the energy you use. If you eat or drink more than your body needs, you will put on weight because the energy you do not use is stored as fat.

You should try to eat a wide range of foods to make sure you are getting a balanced diet and your body is receiving all the nutrients it needs. It is recommended that men have around 2,500 calories a day and women should have around 2,000 calories a day.

8 Tips for Healthy Eating

Base meals on higher fibre, starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food we eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties such as wholewheat pasta, brown rice or potatoes with their skins on



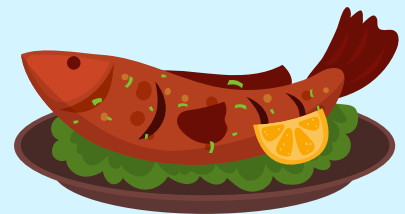


Eat lots of fruit and veg

It's recommended that we eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced

Eat more fish

Include a portion of oily fish. Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish



Cut down on saturated fat and sugar

We need some fat in our diet, but it's important to pay attention to the amount and type of fat. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases the risk of developing heart disease



Eat less salt

No more than 6g a day for adults - eating too much salt can raise blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke



Get active and be a healthy weight

As well as eating healthily, regular exercise may help reduce the risk of getting serious health conditions. It's also important for overall health and wellbeing





Do not get thirsty

Drink plenty of fluids to stop getting dehydrated. The Government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid we get from the food we eat



Do not skip breakfast

Some people skip breakfast because they think it will help them lose weight, but a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you to get the nutrients needed for good health



Further information

The Eatwell Guide - [The Eatwell Guide - NHS \(www.nhs.uk\)](https://www.nhs.uk/eatwellguide/)