



Health and Happiness Project

Supporting adults with learning disabilities to get healthier and happier

Toolkit 3: Healthy Eating

Charity Number 1187726
www.mylifemychoice.org.uk



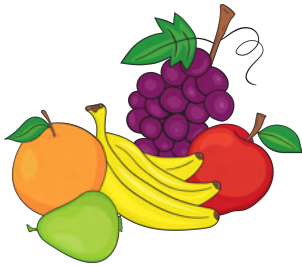


This Health and Happiness toolkit is to help us eat more healthily. Here are our top tips to help you

Why is healthy eating important?



Healthy eating gives us the vitamins and minerals our bodies need. This helps our immune system, reduces the risk of diseases, and leads to good physical and mental well-being.



Tip 1. Eat more vegetables and fruit. Differently coloured ones if you can.



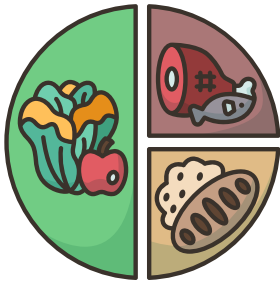
More vegetables means more good **nutrients**. It also means more **fibre** which is really important.



Nutrients are substances found in food that we need for the growth, repair, and maintenance of our body, and for overall health and well-being.



Fibre is a type of carbohydrate found in plant-based foods that helps us digest food.



Try to eat vegetables or fruit at every meal. Try to make half of your plate vegetables.



Tip 2. Keep treats as treats. Try not to eat too many crisps, chips, pastry, sugary cereals, biscuits and cakes.



These foods contain very few nutrients. Sometimes the food-makers 'add' things to them which actually do our bodies harm. These are called 'additives'.



Think of healthier things to swap them with.

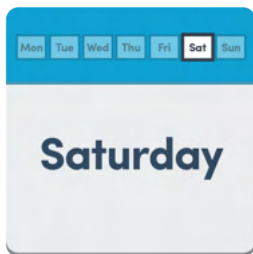
Try carrot sticks. You can peel and chop lots of these and keep them in the fridge for when you feel like a snack.



Do you like chips? Most of us do. Try making your own oven chips!



Wash potatoes, don't peel them (the skins have all the nutrients) and cut into chips. Shallow fry them in a tray in a hot oven or use an air-fryer.



By reducing the treats you eat you really look forward to them! (And you don't have to give them up completely!)



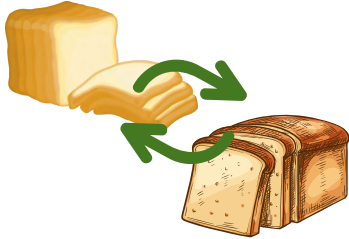
Tip 3. Treat sugary or fizzy drinks as a special treat because these are not good for your health. They contain lots of sugar which is not good for you.



Fruit juice also contains lots of sugar. You can add water to it to make it healthier.



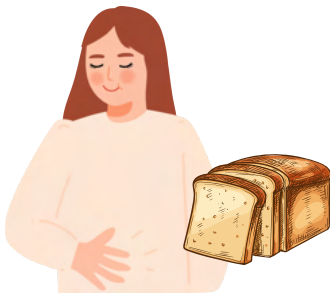
The good news is that the less you drink sugary drinks the less you want them



Tip 4. Swap white bread for brown bread. Try to find brown bread with seeds in it as this is even better for you



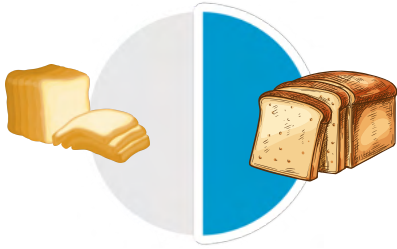
White bread is not good for us because it has lots of sugar in it.



Brown bread keeps us feeling full for longer.



Brown bread also contains a high amount of fibre which is good for our digestion and for the rest of our health.



You could try half and half bread to begin with. This is bread made from fifty percent wholemeal (brown) flour and fifty percent white flour.

Other things to help us



Some MLMC members have downloaded an app called Yuka. Get it from the Google Play store or Apple store on your phone.



Open the app and press scan. Point the phone at the barcode on the food you are looking at. It will give you a score for it out of a hundred.



The score tells you whether the food is bad, poor, or excellent.

Eating healthily on a budget



Spend time each week planning simple meals that use cheap ingredients. Use a meal plan to make a shopping list.



Buy staple foods like rice, pasta, beans and lentils in bulk. It's cheaper and they last longer.



Focus on foods filled with nutrients like brown rice, oats and whole wheat pasta. Beans, lentils and peas are packed with protein and great for soups, stews and salads.

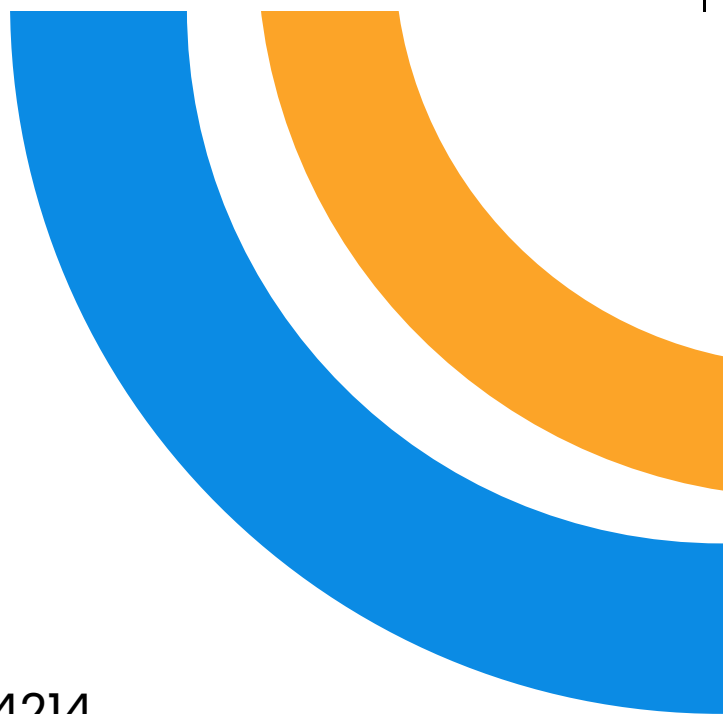


Use up all the ingredients. Boil the remains of a roast chicken with a carrot and an onion to make chicken soup.



If you are interested to know more about healthy eating and nutrition you can find more information here:

- **GOV.UK Healthy Eating Guide**
- **British Dietetic Association (BDA) Healthy Eating**
- **Eatwell Guide - NHS**
- **Food Standards Agency (FSA) - Healthy Eating**
- **World Cancer Research Fund (WCRF) - Healthy Eating**



Contact Robin for more information:



01865 204214



robin@mylifemychoice.org.uk



www.mylifemychoice.org.uk

Thank you to BOB ICS for funding this project.



**Buckinghamshire, Oxfordshire
and Berkshire West**
Integrated Care Board

