

Tips for Healthy Living

How to live a healthy and active lifestyle



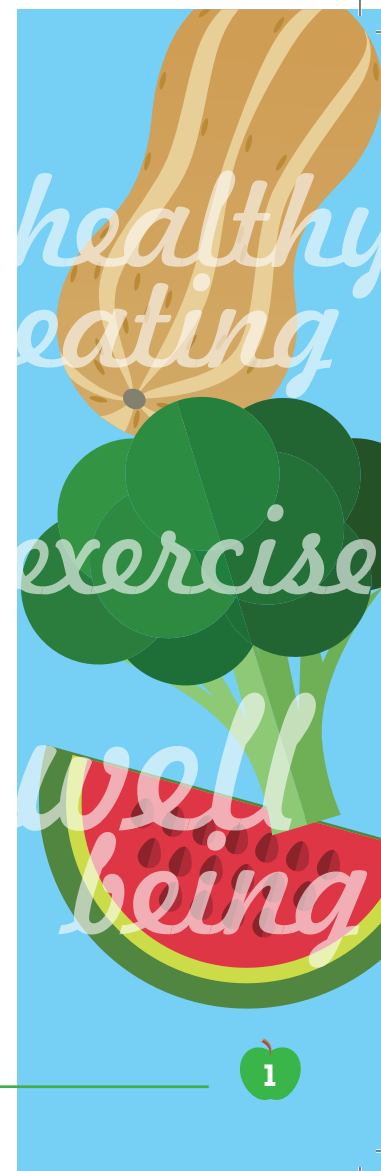
Welcome!



This handbook has been put together by Solutions 4 Health, it contains helpful information for adults, children and families on living a healthy and active lifestyle.

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Healthy Weight

Find out more about Body Mass Index (BMI), what is it and what does your result mean?

What is BMI?

Adults: BMI is a measure that uses your height and weight to work out if your weight is healthy.

For children and young people aged 2 to 18: The BMI calculation takes into account age and gender as well as height and weight.

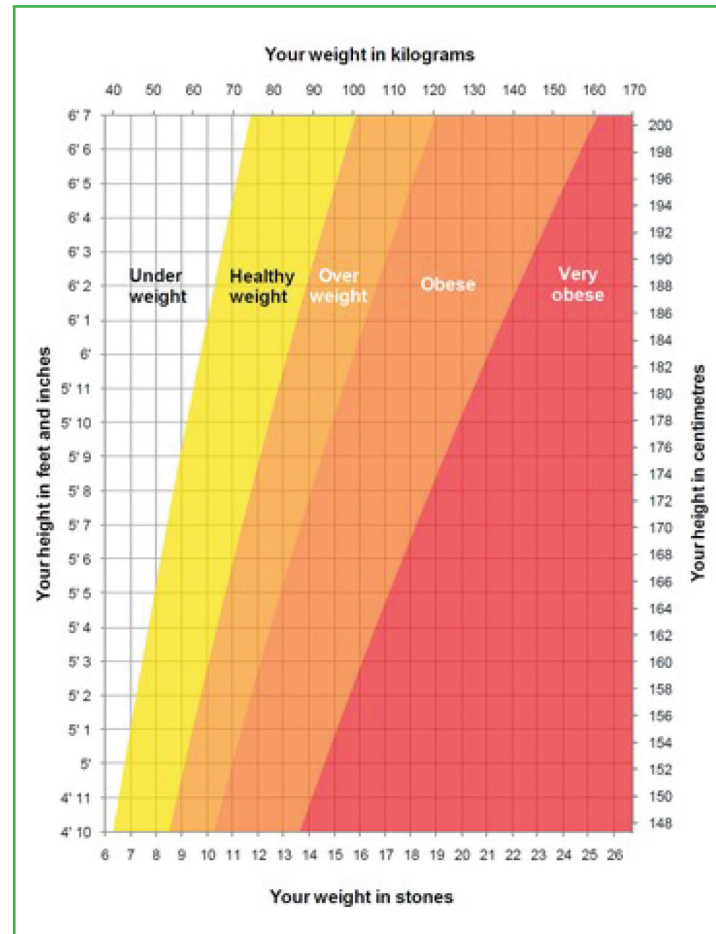
How can I work out my BMI?

For both adults and children: You can use the NHS choices BMI calculator online at:

<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

Or if you are an adult: use the chart on the right.

Adults BMI Chart



What does the result mean?

For Adults:

BMI Range	What does this mean?
Below 18.5	You are in the underweight range
18.5 – 24.9	You are in the healthy weight range
25 – 29.9	You are in the overweight range
30+	You are in the obese range

Interested in losing weight?

Solutions 4 Health offer a range of **FREE weight management services** which support you to not only lose weight but keep it off long term.

See www.solutions4health.co.uk for more information.

Accuracy of BMI

For the general public BMI is considered to be an accurate measure of healthy weight status. BMI takes into account natural variations in body shape, giving a healthy weight range for a particular height.

As well as measuring your BMI, healthcare professionals may take other factors into account when assessing if you're a healthy weight. Muscle is much denser than fat, so very muscular people, such as heavyweight boxers, weight trainers and athletes, may be a healthy weight even though their BMI is classed as obese.

Your ethnic group can also affect your risk of some health conditions. For example, adults of Asian origin may have a higher risk of health problems at BMI levels over 25 kg/m².

You should not use BMI as a measure if you're pregnant. Get advice from your midwife or GP if you're concerned about your weight.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

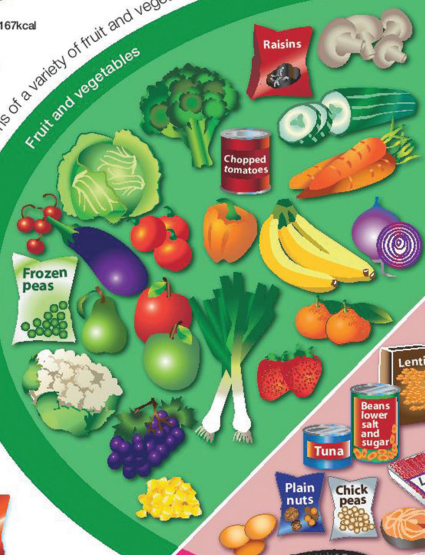


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Healthy Eating

The Eatwell Guide shows that different amounts of each food group we should have to form a healthy balanced diet. We don't need to have all of the food groups at every single meal but should aim to achieve this balance over a whole day.

Fruit and Vegetables

high in vitamins, minerals and fibre, we should aim to get at least 5 portions per day. Fresh, dried, frozen and tinned all count. However, we should limit fruit juice to just 1 150ml portion per day as it is high in sugar.



Carbohydrates

are our main source of energy and keep us full. Sources include potatoes, bread, rice, potatoes, pasta and other starchy foods. We should try to choose brown / wholegrain versions which are higher in fibre.

Protein

an essential building block which allows our bodies to grow, develop and repair. We should aim to eat 2 – 3 portions of protein a day from a variety of foods including; beans, pulses, fish, eggs and meats. We should also try to eat 2 portions of fish per week, one of which is oily.

Dairy

contains protein and minerals such as calcium, vitamin D and B12, important for the health of our bones and teeth. We should aim to have 2 – 3 portions of dairy food each day. Sources include milk, yoghurt and cheese. Choose lower fat and lower sugar options.

Oils and Spreads

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in energy and should be eaten sparingly.

For more information see:
www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx



A close-up photograph of a white bowl filled with hummus. A single stalk of celery is stuck into the hummus. The hummus is topped with a reddish-brown spice blend. In the background, another white bowl contains sliced vegetables, including red bell peppers, carrots, and celery. To the left, several whole carrots are visible.

Snacking

Snacking

The first thing many people do when they want to eat more healthily is stop snacking. However, snacks form an important part of a healthy and balanced diet, choosing the right ones is key! **Healthy Snacks:**

✔ **Keep us full between meals** ✔ **Give us energy** ✔ **Control our hunger** ✔ **Source of nutrients**

We should limit snacks that:

- Do not keep you full up so you will be hungry more quickly and are more likely to overeat
- Contain 'empty calories' as they provide no/ low levels of nutrients
- Contain high levels fat, salt and sugar

We should choose snacks which:

- Keep us full as they contain more fibre
- Are high in nutrients such as vitamins, minerals and fibre
- Are less processed
- Do not contain as much added sugar, fat, salt, preservatives



Limit

Unhealthy snacks, such as:

- ✗ Crisps and mini cheddars
- ✗ Salted, roasted and flavoured nuts
- ✗ Chocolate bars
- ✗ Biscuits and snack bags
- ✗ Cereal bars and processed fruit snacks
- ✗ Sausage rolls, scotch eggs and cocktail sausages + processed meat snacks
- ✗ Cheese strings
- ✗ Ice cream and sugary yoghurts

Enjoy

2 healthy snacks per day such as:

- ✓ A small handful of plain nuts such as almonds, peanuts and cashews
- ✓ Rice cakes spread thinly with peanut butter or oatcakes
- ✓ Whole pieces of fruit or a small handful of dried fruit such as apricots, prunes and raisins
- ✓ Homemade plain popcorn spiced with cinnamon or paprika
- ✓ Cut up cucumber, pepper and carrots served with low fat hummus or yoghurt
- ✓ Sugar free jelly served with fruit or natural low fat yoghurt

For more information see:

www.nhs.uk/change4life/pages/healthy-snacks.aspx



Homemade Cereal Bars

Ingredients

150g of jumbo oats
2 medium, very ripe bananas
60g of melted butter or coconut oil
60g of raisins
60g of dried apricots or cranberries
80g of mixed seeds such as sunflower seeds and pumpkin seeds

Let's get cooking

1. Preheat the oven to 200 degrees C (fan 180 degrees C, gas mark 6). Mix the oats, raisins, cranberries and seeds together in a bowl.
2. Pour in the melted butter or coconut oil and mix in thoroughly to make sure the oats are well coated.
3. On a separate plate, mash the bananas into a pulp with a fork, add to the oat mixture, and mix well. Spread the mixture into a 30x20cm tin and bake in the oven for 20-25 minutes. Once cooked, transfer to a wire rack to cool, then cut into six bars.

Top Tip!

These cereal bars are great as an occasional after school snack or treat. Add nuts and seeds for extra crunch.





Energy balance

Energy Balance

Staying a healthy weight can sometimes seem impossible, however it is not as complicated as it seems and all comes down to our energy balance.



Energy IN

Energy is known as calories

Our bodies need energy to function

This energy comes from the food and drink we consume



Balance = our weight stays the same

Energy OUT

Our bodies use energy up by:

Body functioning – heart beating, brain working, stomach digesting food

Growth & Development

To supply energy for physical activity



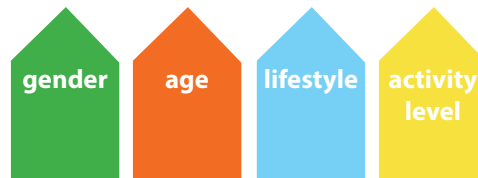
If we eat foods high in energy but don't do much exercise we will **gain weight**



If we reduce our energy intake from food and increase our activity level we will **lose weight**

How much energy do our bodies need?

Our energy requirements are effected by:



Portion Size

Eating the right amount of food goes hand in hand with having a balanced diet, check out the helpful guide below!

Me Size Portions – we should aim to adjust portion sizes to each individual family member to ensure they have the correct amount; depending on the person's age, size and activity level. Using their hand acts as a great guide!



Curl for Carbs....

This means we should have a handful of carbohydrate foods. Such as pasta, rice, cereal, bread and noodles.



Palm for Protein....

This means the size of protein foods should be the same as the palm of our hand. Such as chicken, fish, beef, tofu and beans.



Fist for Fruit....

A portion of fruit is the same size as our fist. Such as an apple, a small bunch of grapes or 2 satsumas.



Both for Broccoli....

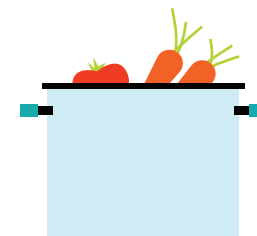
A portion of vegetables is the same as our hands held together. Such as salad, carrots and broccoli.

Think of this all together as a meal. A handful of wholemeal pasta, with a palm sized piece of chicken and both hands of broccoli with some chopped tomatoes and a handful of grapes for dessert. This would be a filling and nutritious meal.



*Use your hand
as a guide.*

Eating on a budget



Many people think it's expensive to eat a healthy balanced diet. **Not true!** Follow these top tips to show you how you can eat well on a budget!

Cook from scratch

Making meals from scratch is cheaper and healthier than buying ready-made meals, which often have a lot of unnecessary sugar, salt and preservatives added.



Buy own-brand goods

The quality is generally the same as popular brands. The only real difference is the price.



Buy frozen fruits and vegetables

It's often cheaper to buy frozen fruits and vegetables. They contain the same nutrients as fresh ones, need no preparation and, if you can store them, they are often the cheapest way of adding vegetables to dishes.



Cut down the amount of meat bought

Use less meat in dishes by adding more vegetables and beans such as chickpeas, lentils or red kidney beans to add extra protein.

Buy and cook in bulk

Buying greater quantities of food is often cheaper. Buy larger amounts of staple foods such as pasta, rice and flour and store well. Cook bulk meals such as stews, soups and bolognaise, then freeze in portion sizes for a quick and healthy meal for when you are busy.

Plan your meals and stick to the list!

Shopping costs can get out of control quickly if you don't have a plan or shopping list. If you plan your meals across the week, you won't buy food that gets wasted.

Beware of offers

Beware of offers such as 'buy one get one free'. They can seem good value but can often tempt you to buy or eat more than you need.

Compare prices and know how much you can spend

There are lots of websites where you can compare the cost of food at different supermarkets – for example, www.mysupermarket.co.uk

Avoid pre-cut, pre-peeled and packaged vegetables and fruits. They are more expensive and will go off much quicker. Choose your fruit and vegetables carefully. Don't buy fruit and vegetables that are overly ripe unless you are sure that you will use them quickly.

Buy in Season

Buying fruit and vegetables that are in season is much cheaper as they are readily available and have less distance to travel. Exotic fruit or foods that are out of season are more expensive as they have to travel from around the world.



For more info see:

www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/healthy-eating-on-a-bud-get?gclid=CMOJkO2dnNQCFReeGwod03IKdA

Sugar



It is well understood that as a nation we are eating too much sugar. But how much should we be having and how can we reduce our intake?

First of all, it's important to understand that there are different types of sugar.

Free sugar = the sugar **added to foods** by the manufacturer, cook or consumer, **plus sugars naturally present** in honey, syrups and unsweetened fruit juices and smoothies.

Naturally Occurring Sugar = **sugars found naturally within milk** and the sugars **contained within the cellular structure** of foods (particularly fruits and vegetables which have not been blended).

We should aim to **reduce the overall amount of sugar in our diets**, as having too much can cause tooth decay, weight gain and conditions such as type 2 diabetes long term.

New recommendations for Free Sugar		
Aged 4 - 6	Less than 19g / d	4.75 teaspoons
Aged 7 - 10	Less than 24g / d	6 teaspoons
Aged 11+ & Adults	Less than 30g / d	7.5 teaspoons

For more info see: www.nhs.uk/Livewell/Goodfood/Pages/how-to-cut-down-on-sugar-in-your-diet.aspx



**87% of
people have
too much
sugar!**

**The highest
intake of sugar
is seen in children
who have triple
the recommended
amount
each day!**

**Adults have
double the
recommended
amount of free
sugar**

Top tips on reducing sugar

A good place to start is looking at drinks. **Drinks are the highest contributor of sugar** to children's and many adult's diets. Therefore, swapping fizzy drinks such as cola and flavoured milkshakes to water, no sugar soft drinks such as squash or milk is an **easy change to make**.

Swap juice for whole fruit and vegetables, this way you will get all the fibre at the same time. Additionally, sugar within fruit and veggies is contained within the cells. This is less easily absorbable and will not count towards free sugar, as juices and smoothies do.

Limit sweet treats such as chocolate, cakes, sweets and pastries. These should be an **occasional treat** not part of our everyday diet.



Check the ingredients; food labels do not highlight free sugars, however look out for words such as cane/ brown sugar, honey, high fructose corn syrup, fructose, sucrose and glucose! Use **traffic light labelling;** compare foods such as cereal and yoghurts to find a lower sugar option.



Sugary Drinks



Check out how much sugar is in these popular drinks.

Sweeteners contain no calories and have not been linked to cancer, however they may make us have more of a sweet tooth, so should not be consumed too regularly.



Size	1.75l	750ml	500ml	500ml	500ml	471ml	500ml	750ml	250ml	Any
Cubes	46.5	22.5	17.5	13.2	13.2	12.75	12.5	9	7.5	0



Fat

There is often lots of **confusion over which oil** is the healthiest, which should we cook with and how much we should have.



When thinking about fats, it is **first important to understand that there are different types.**

Monounsaturated - Have these in small amounts as they can help to **maintain healthy cholesterol** levels. Found in avocados, olives, olive oil, rapeseed oil, as well as in many nuts.



Polyunsaturated - Have these in small amounts; Polyunsaturated fats help to **maintain healthy cholesterol levels and provide essential fatty acids.** Found in oily fish, corn oil, sesame oil, soya oil, and some seeds.



Saturated - Eating too much saturated **fat increases the amount of cholesterol in your blood.** Found in processed and fatty meats like sausages, ham, burgers, hard cheeses, whole milk and cream. Butter, lard, ghee, suet, palm oil and coconut oil.



Trans - **Avoid wherever possible.** They can increase cholesterol in your blood. Foods with hydrogenated oils or fats in them likely contain trans fats.

All fats **contain the same amount of calories... Fat contains 9 kcal per gram.**
Therefore, 10g (2tsp) of fat = 90kcal

Fat contains higher levels of energy compared to any other nutrient. Hence why if we consume lots of foods and drinks high in fat and do not use up this energy, we **gain weight.**

A large, succulent piece of cooked salmon is the central focus, resting on a piece of parchment paper atop a dark wooden cutting board. The salmon has a vibrant orange-pink hue and a moist, flaky texture. It is garnished with fresh green thyme sprigs. In the background, more thyme and a few peppercorns are visible, suggesting a rustic, healthy meal preparation. The lighting is warm and focused on the salmon, creating a sense of freshness and appeal.

Healthy fats

Top tips on reducing fat intake

- ✓ **Choose lean cuts** of meat and make sure you **trim any excess fat** and remove the skin from chicken and turkey.
- ✓ **Limit** cakes, biscuits, fried and processed foods.
- ✓ Instead of pouring oils straight from the bottle, use a spray oil or **measure out your oils with a teaspoon.**
- ✓ **1 teaspoon of oil** is enough to cook with.
- ✓ **Read food labels** to help you make choices that are lower in fat and opt to **grill, bake, steam, boil** or **poach** your foods.
- ✓ Use **semi-skimmed milk** rather than whole or condensed milk.
- ✓ Remember that many cheeses are high in saturated fat so keep your portions small - **matchbox sized.** Opt for strongly flavoured varieties and grate it to make a little go a long way.



For more info see: www.bhf.org.uk/news-from-the-bhf/news-archive/2015/august/our-advice-on-fats

A close-up photograph of a glass pitcher pouring a golden-yellow liquid, likely oil, into a metal spoon. The liquid is captured mid-pour, creating a thin, continuous stream that falls into the spoon. The background is plain white.

*One
teaspoon
of oil*

*is enough to
cook with*






food labels

Label Reading

Often food packaging and advertising can be misleading; making us think a food or drink is better for us than it really is. By looking at a food label you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

How to use the label reading card:

1. Locate the nutritional information on **the back of the packet**
2. Look at the per **100g column**
3. This step is **important** as the card will not work if you use the per portion column
4. Using sugar as an example
5. Find "Carbohydrates – of which sugars"
6. Ensure you are looking at the amount per 100g
7. Check sugar amounts of traffic light card

-  **Red** means the food is high in something we should be trying to cut down on. Try to eat these foods as a treat & in smaller amounts.
-  **Amber** means the food is an OK choice most of the time and in the middle for that nutrient. Try to choose green where possible.
-  **Green** means the food is low in salt, saturated fat, fat or sugars. The more green lights, the healthier the choice!

Measures per 100g	Low healthier	Medium have sometimes	High cut down on
Fat	3g or less	3.1g to 17.5g	More than 17.5g
Saturates	1.5g or less	1.6g to 5.0g	More than 5.0g
Sugar	5.0g or less	5.1g to 22.5g	More than 22.5g
Salt	0.3g or less	0.4g to 1.5g	More than 1.5g



Cut out this handy label reading card and take it on your next trip to the supermarket!



5 a day

Fruits and vegetables are high in vitamins, minerals and fibre, we should aim to get at least 5 portions per day, making up 1/3 of our diet. Enjoy as a snack and with meals!

Top Tips

- Try steaming rather than boiling vegetables to preserve nutrients
- Add extra vegetables to meals such as bolognaise and stews
- Choose fruit canned in juice rather than syrup
- Limit dried fruit to 1 small handful per day
- Fruit juice is higher in sugar and lower in fibre than whole fruit, for children dilute 50:50 with water
- Make smoothies from frozen fruit and add vegetables such as spinach to cut down on sugar
- Save money by choosing fruit and vegetables that are in season

Remember fruit contains sugar!

Although it is natural sugar it still damages our teeth and if we do not use up the energy it will be stored as fat in our bodies. Aim for at least 5 a day = 3 portions vegetables + 2 portions fruit choosing a variety of different colours.

What counts as one of your 5 a day for an adult?

For children see Me Size portions on p12 for more information





packed lunches

Packed lunches

Lunch contributes to around 1/3 of our intake, therefore it is important that it contains good sources of vitamins, minerals, carbohydrate, dairy, protein and fibre.

Packed lunches can often be higher in fat, sugar and salt and can contain more processed foods. If you or your child takes packed lunches.

Try including:

- ✓ **Starchy foods** – these include bread, rice, potatoes and pasta
- ✓ **Protein foods** – including meat, fish, eggs, beans
- ✓ **A dairy item** – this could be cheese or a natural low fat yoghurt
- ✓ **Vegetables or salad** and a **portion of fruit**
- ✓ **Water**

Try not to include:

- ✗ **Confectionery** such as sweets and chocolate
- ✗ **Crisps** and **biscuits**
- ✗ **Processed meat** products such as sausage rolls, scotch eggs and pork pies
- ✗ **Fizzy** or **sugary** drinks

For more info: <https://www.nhs.uk/change4life-beta/healthier-lunchboxes#AIJikLVQ0MeMGaIE.97>



Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

- Type II Diabetes -40%
- Cardiovascular Disease -35%
- Falls, Depression and Dementia -30%
- Joint and Back Pain -25%
- Cancers (Colon and Breast) -20%

REDUCES YOUR CHANCE OF

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls



MINUTES PER WEEK
75 OR **150**
 VIGOROUS INTENSITY (BREATHING FAST, DIFFICULT TALKING)
 OR
 MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK)
OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

2 DAYS PER WEEK

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. **MAKE A START TODAY: it's never too late!**

Physical Activity for adults

There are a range of health and social benefits associated with physical activity, however the vast majority of people are not active enough!



Find an activity that you enjoy doing and make it part of your normal, everyday life.

This way you are much more likely to stay active long term which is key to living a healthy lifestyle and reducing your risk of obesity, poor mobility and various diseases.

Walk as much as you can.

For more information on Fitness and Exercise services in your area visit:

www.nhs.uk/service-search/



Physical Activity for Children

Children aged over 5 should be physically active for **at least 60 minutes** each day!



Top Tips to Increase exercise as a family:

- Have active journeys
- **Try new activities** that you can do as a family, swimming can be great fun for everyone
- Remember children do not always do as much exercise at school as what we think they do
- Make the most of the **great outdoors** going for a walk or a trip to the park
- **Play fun games** in the comfort of your own home
- Set by example and try to **be a role model** for your family
- **Swap screen time** for active time

Active travel

- Travel as much as you can in an active way, this can contribute to children's physical activity goal of 60 minutes per day.
- This includes walking, cycling or scooting to school or to the shops
- If you have to drive, simply park further away and walk the last part. You'll avoid traffic and burn energy at the same time
- Stand on the train or bus, take the stairs and walk up escalators
- Try to move around every 20 minutes and reduce the amount of time spent sitting down
- Getting children active when they are young, encourages good activity patterns and habits later in childhood

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer



Include muscle and bone strengthening activities
3 TIMES PER WEEK



Sit less

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

*make the most of
the great outdoors*



Screen & Sedentary Time

Screen time should be limited to **less than 2 hours per day** for both adults and children aged over 2. This includes TV, computer, tablet, video games and smart phones.



Under 5's

- Reduce time spent in infant carriers, car seats & chairs
- Encourage walking and play as much as possible
- Reduce time spent in walking aids or baby bouncers
- Reduce time spent in front of screens

Children & Young People

- Agree a family limit to screen time per day
- Make bedrooms a screen free zone
- Avoid having screen time before school and at meals
- Encourage children to get involved in house chores such as setting the table
- Have screen free days, such as no screen Sundays, phone free Fridays and enjoy activities as a family
- Choose gifts such as a scooter, skateboard, ball or kite to encourage active play

Adults

- Stand on the train or bus, take the stairs and walk up escalators
- Set a reminder to get up every 30 minutes
- Place a laptop on a box or similar to work standing up
- Stand or walk around while on the phone
- Walk to a co-worker's desk instead of emailing or calling
- Swap some TV time for more active tasks or hobbies

Eating out & Takeaways

Larger portion sizes and foods higher in fat, sugar and salt. Its no surprise that regular takeaways & meals out can lead to weight gain. **Check out the best options below!**

Italian		Chinese		Indian	
<p>Avoid</p> <p>Large and deep dish pizzas, pizzas with cheese stuff crust</p> <p>Triple cheese and pepperoni pizzas</p> <p>Creamy pasta sauces such a carbonara</p> <p>Garlic bread</p>	<p>Choose</p> <p>Small or medium pizza with a thin base</p> <p>Vegetable or lean meat toppings</p> <p>Tomato-based pasta sauces such as Pomodoro or Arrabiata</p> <p>Bruschetta</p>	<p>Avoid</p> <p>Sweet and sour</p> <p>Crispy fried beef</p> <p>Battered pork/ chicken balls</p> <p>Special or egg fried rice</p> <p>Prawn toast and spring rolls</p>	<p>Choose</p> <p>Crab and corn soup</p> <p>Steamed dumplings, steamed vegetables and plain boiled rice</p> <p>Steamed fish, chicken and chop suey</p> <p>Szechuan prawns</p>	<p>Avoid</p> <p>Creamy curries such a korma, passanda or masala</p> <p>Nann, bhajis, pakoras and poppadoms.</p>	<p>Choose</p> <p>Tandoori or madras with chicken, prawns or vegetables</p> <p>Plain rice & Chapatti</p>
Burgers & Kebabs					
<p>Avoid</p> <p>Doner kebab</p> <p>Added cheese & mayonnaise</p> <p>Thin-cut chips</p> <p>Chicken or fish deep fried in batter</p>		<p>Choose</p> <p>Shish kebab with pitta bread and salad</p> <p>Grilled burgers made from lean fish, beef or chicken</p>			



*Shish Kebab
with pitta & salad*

Alcohol

is very high in empty calories and can lead to us eating foods high in fat, sugar and salt when we drink it. Check out the amount of calories in your favorite drink below and our tips on how to reduce your intake!



1 Pint of Guinness
= 2.3 units
4% = 210—250 calories



1 Pint of Cider
= 2.8 units
5% = 200—250 calories



1 Pint of Lager
= 2.8 units
5% = 180—250 calories



250ml Glass of Wine
= 2.8—3.5 units
11% - 14% =
165 - 235 calories



275ml bottle of Alcopop
= 1.1 units
4% = 170 calories



25 ml measure of spirit
= 1 unit = 65 calories

-
- **Alternate** between alcoholic and non-alcoholic drinks throughout the night, not only will this save you money but you will cut your energy intake in half!
 - **Dilute** alcoholic drinks such as wine and beer with low calorie mixers to make a spritzer or shandy.
 - **Try a lower calorie alcohol**, spirits such as vodka are lower in calories than beer and wine.
 - **Remember** alcohol can stimulate your appetite and makes you less likely to make healthy food choices. Avoid the kebab shop on the walk home by preparing a healthy snack before you go out.

Both men and women are encouraged to consume no more than 2 - 3 units per day or 14 units per week and should aim to have 2 alcohol free days each week.

alternate alcoholic & soft drinks



5 Ways to Wellbeing



Evidence suggests there are five steps we can all take to improve our mental wellbeing. Give them a try, you may feel happier, more positive and able to get the most from life!



Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.



You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.



Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?



Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.



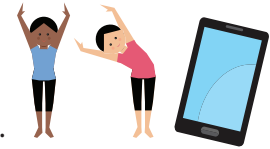
Be more aware of the present moment, including your thoughts, feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

*improve your
wellbeing*



Apps

Check out these great, **FREE** apps to help you and your family live a healthy and active lifestyle.



My Fitness Pal



A great app for adults to keep track of your food intake, simply scan the barcode or look up the item in the app and it will log the calories and nutrients in your own personal food diary. Great for motivation, losing weight and keeping track of your food and activity level!

Food Switch



An app which allows you to scan the barcodes on different foods, shows you the nutritional content using traffic lights and suggests healthier alternatives. Use in the supermarket to help you have a healthy shop.

Sugar Smart



Get sugar smart with this new app from Change4Life! Simply scan the barcode of different foods and drinks to see how many cubes of sugar they contain. Use at home or in the supermarket, this app will help you to make healthier choices and cut down your sugar intake.

One You



OneYou has a variety of apps to help you be healthier, starting with a quick quiz it gives advice on lifestyle changes. Apps include Easy Meals, Couch to 5k, Drink tracker and Stoptober.

Break Free



BreakFree monitors phone and app usage and tracks how addicted you are to your smartphone, it will then guide you on how to control phone usage and reduce your screen time.

NHS BMI



The NHS BMI health weight calculator and tracker allows you to calculate BMI for anyone over two years old. You can track the whole families BMI over time.

Useful Contacts

Websites that you may find helpful.



NHS Choices is the official website of the NHS, providing an award-winning, comprehensive health information service with thousands of articles, videos and tools, helping you to make the best choices about your health and lifestyle.

www.nhs.uk



Our lifestyles can be more unhealthy than we think. Start the fight back to a healthier you. Take the One You quiz and see how you score.

www.nhs.uk/oneyou



Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then you already know why you should join Change4Life.

www.nhs.uk/change4life



www.diabetes.org.uk



www.bhf.org.uk

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