

Food Groups...

As a general rule, vegetables, fruits and starchy foods should provide the bulk of most of your meals. The remaining part of your diet should be made up from milk and dairy foods and protein foods.

Carbohydrates.

A lot of the energy we eat comes from carbohydrates. Most of the guidelines recommend that carbohydrates make up about one third of what we eat. This should be mostly starchy carbs such as higher-fibre options like whole-meal bread and wholegrain cereals and brown rice and pasta.

Fruit and vegetables.

Aim to have at least 5 portions of fruit or vegetables a day. One average portion may be about a handful. You can achieve your 5 a day by adding vegetables into your evening meal or snacking

on fruit instead of crisps. Tinned and frozen fruit and vegetables also count toward your daily allowance.

Dairy foods.

Dairy foods such as cheese, milk and yoghurt are a vital part of your diet as they provide calcium which is essential for healthy teeth and bones. You need 3 servings of dairy a day. One serving is 200ml of milk or 150ml pot of yoghurt or a 30g serving of cheese. The fat content in dairy foods vary so make sure you choose the lower-fat options such as semi-skimmed milk or low fat yoghurt.

Protein.

Protein-containing foods such as meat, fish, eggs, pulses and beans are needed in your diet for energy and for growth and repair. Be careful as some

meats are high in fat. The Recommended Dietary Allowance (RDA) for protein is 0.8g per kilograms of body weight per day. Also aim to eat 2 portions of fish per week, one of which should be oily.

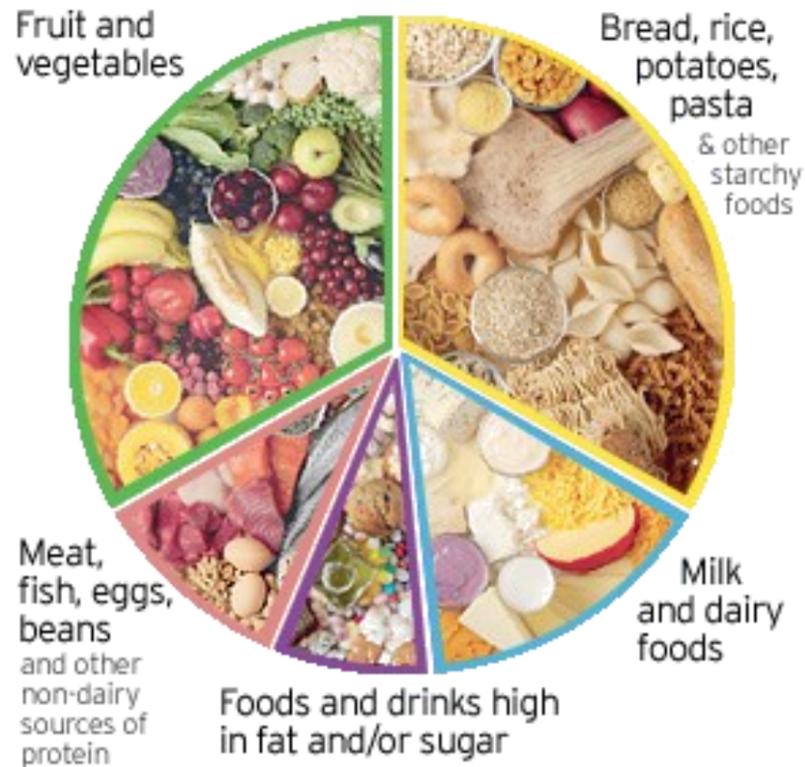
Foods high in fat and sugar.

Sugary foods and drinks are high in calories and therefore too much may cause weight gain. Even eating small amounts of sugary foods too often it bad for your teeth. Tips to cut down the amount of sugar in your diet include:

- Don't add sugar to tea, coffee or breakfast cereals
- Try sugar-free drinks
- Reduce sugar in recipes

The Eatwell Guide found below is a great visual guide of recommended portion sizes.

The Eatwell Guide...



The Chestnuts Surgery Healthy Eating News

As a way of promoting our patients to have healthier lifestyles, we will now be issuing a regular Healthy Eating newsletter. We want you to be aware of the numerous consequences that accompany an unhealthy lifestyle. We also aim to give you simple tips to help gradually improve your diet. Over the next issues of this Healthy Eating Newsletter we will explore how your diet links to heart disease, diabetes, obesity, high blood pressure and other conditions. This newsletter will inform you of ways to improve your lifestyle.

Stay Active During the Colder Months

Don't use the upcoming colder months and shorter days as an excuse to stay cooped up inside and lounge around. Granted, the occasional rest day is good in order to catch up on some rest. However, if we're not careful we can soon get out of the routine of looking after our body through exercising regularly.

Involve the whole family.

Try different activities with the whole family such as ice skating, cycling or walking around the park (wrap up warm), badminton or dancing. Regular physical activity is a good way to boost your immune system and also a way to break the tension that can build if a family is constantly stuck inside the house.

More energy.

As the days draw in and temperatures drop, you may be tempted to put away your exercise gear and hibernate. Regularly exercising will make you feel more energetic. This should make it a little easier to get out of your cosy bed on cold, dark mornings. If the shorter, darker days are affecting your mood, being active on a regular basis can improve your sense of wellbeing and help you feel refreshed.

Stay fit.

You may be tempted to eat more food during the colder months. However, regular physical activity will help you manage your weight better and keep your body in shape.

Know when to exercise.

If you have a cold, which is more common in winter, you don't necessarily have to stop exercising. If you're feeling under the weather, use your common sense and listen to your body. It's important not to push yourself too much. One important thing to remember is to not exercise if you have a fever. When your body's temperature is 38 degrees or above, exercising will make you feel worse. It can also, on occasion, lead to the virus affecting your heart which is dangerous. Therefore, always listen to your body before exercising if you're feeling unwell.

Exercise to suit you.

You may not be up to exercising outdoors in the colder weather, but there are home exercise routines found on the NHS Choices website that you can try in the comfort of your own home. That way, you can exercise at a pace that suits you. You can also save money by not having to pay for a gym membership. Home exercise

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routines also mean that if the weather is too bad to travel anywhere, you can still keep your body in shape. Don't worry if you haven't done much exercise for a while, start off slow and gradually build up your routine to fit to your circumstances. Home exercise DVDs are also a good way to stay motivated to stick to regular exercise.

Whether at home, in the gym, or in the park, it's important you stay active over the colder months. It not only keeps your body in shape, but also boosts your immune system, energises you and also helps you beat those winter blues.

Eat Well for Less: Tips



If cost is discouraging you from trying to make changes to you and your family's diet then this is the article for you. Healthy eating doesn't have to cost more.

1. Waste nothing.

The average family with children throws away almost £60 of good food every month. Be strict about buying only what you'll actually eat. This includes planning your meals so you use all the ingredients and freezing any leftovers.

2. Write a shopping list.

Think of a weekly meal plan to use the ingredients you already have in your kitchen and write missing items on a list.

3. Use leftovers.

Try cooking extra portions of your evening meal so you can use the unused food as lunch the next day. If you freeze your leftovers, you'll eventually have a freezer full of healthy, homemade ready meals.

4. Try cheaper brands.

We often go for the well known, shiny labelled brands. However you could save a lot of money buying cheaper brands. You may find there's not always much difference in taste. Let your taste buds be the judge!

5. Know your kitchen.

It's important to know what you've got in your cupboards. You may find that you have enough ingredients to make a meal. Check use-by dates to ensure you use the food before it goes off.

6. Freeze leftover bread.

One of the most wasted household foods is bread. Reduce this waste by freezing your bread in an airtight container to avoid freezer burn.

7. Cook from scratch.

Preparing and cooking your own meals is generally cheaper than buying ready meals and takeaways. They can be healthier as well as you control exactly what goes into them.

8. Find cheap recipes.

Check out the NHS Choices website for plenty of healthy and cheap recipes that are easy to prepare and are enjoyed by the whole family.

9. Buy less luxuries.

Crisps, chocolate and fizzy drinks. Many of these non essential items are high in sugar and salt and are expensive. Try cheaper alternatives such as sparkling water and fruit juice.

10. All eat the same.

If you've got a toddler, get them into the habit of eating the same as you instead of buying expensive pre-prepared kids food. Simply blend or chop their portion to suit their age and freeze left overs so you have ready meals for the kids. Be careful not to add salt or too much spice into their food though.

11. Happy hour.

Most supermarkets discount fresh items towards the end of the day. If you

time it right to grab those bargains, you can save big money.

12. Be careful of offers.

Buy-one-get-one-free deals may seem like good value, but make sure you only buy what you actually need and what you will definitely use.

13. Buy frozen food.

Frozen fruit and vegetables come pre-chopped, ready to use and are just as good for you as fresh fruit and vegetables. Be careful to avoid buying those with added fat, sugar or salt. Frozen fruit and vegetables can also often be cheaper than buying it fresh.



These tips are some suggestions to help you eat healthier for less and result in your whole family having a healthier diet. For more money-saving tips, visit the NHS Choices website. You'll also find some great healthy and affordable recipes for all the family.



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Processed Foods...

Processed foods are not just ready meals. When food has been altered from its natural state in any sort of way, it is classed as 'processed'. Some food is processed for convenience but also for safety reasons.

Most foods bought from a supermarket will have been processed to a certain extent. For example cereals, cheese, tinned vegetables and milk.

What makes some processed food unhealthy?

Added ingredients such as sugar, salt and fat are sometimes added to food to increase their shelf life or improve the taste. This can lead to people eating more than the recommended amounts of these additives as they are unaware of how much has been added to their food. Foods such as cakes can therefore be high in calories due to these additives. Be careful to check the label to keep your diet balanced.

Processed meat.

Meat such as sausages,

bacon, ham and salami are all processed. This means they have been preserved by smoking, curing or adding preservatives. The Department of Health recommends having just 70g a day of red or processed meat a day. Remember though, many of these foods can be eaten as part of a healthy diet so it's all about getting the balance right.

How can I eat processed food as part of a healthy diet?

Always read the nutrition labels to keep a check on the amount of processed foods you're eating that are high in fat, salt and sugar. Even healthier ready meals may be higher in fat and other additives than a homemade equivalent. One advantage of cooking food from scratch at home is that you know exactly what is going into it, including the amount of added salt or sugar.

There are guidelines to tell you if a food is high or low in fat, saturated fat, salt or

sugar. These are the guidelines given by the NHS Choices website:

Total fat

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

For example, if you are trying to cut down on saturated fat, try to limit the amount of foods you eat that have more than 5g of saturated fat per 100g.

Like most foods, processed foods can be enjoyed in *moderation* as part of a balanced diet.

Benefits of Healthy Eating...

Healthy eating is not just a way to lose weight.

Whilst achieving a healthy weight is an advantage of having a healthy lifestyle, healthy eating also has other positive outcomes. For example, a healthy diet may help prevent certain chronic diseases such as heart disease, stroke and diabetes. It may also help to reduce your risk of developing some cancers. In addition if you become sick, eating a

healthy diet may help you to recover more quickly.

The necessary vitamins contained in foods such as fruit and vegetables can help boost your immune system. This is very important especially in winter when colds, fevers and coughs are more common.

Having a balanced diet, along with a healthy lifestyle, can also help you feel energised and re-

freshed.

For details of more benefits of a balanced diet visit www.nhs.uk



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