



Making

Healthy

eating easy



What we'll cover today

- ⊖ The **benefits** of a healthy diet
- ⊖ The **issues** with fad diets
- ⊖ What a **healthy diet** consists of
- ⊖ What simple things you can do to ensure your diet is **healthy**.



Benefits of healthy eating



The issues with fad diets

- ⊖ **Hard to stick** to long term
- ⊖ Likely to cause **rebound weight gain** after finishing the diet
- ⊖ Unnecessary **exclusion** of certain foods or food groups
- ⊖ **Health risks** associated with restricting calories or food groups
- ⊖ Often **expensive**.



What is a healthy diet?

Eating a Mediterranean type diet can reduce heart disease risk by 30% in those already at high risk.



Four step plan to healthy eating



**Plan and
prepare**



**Be a food
detective**



**Use
mindfulness**



**Healthy food
swaps**



Four step plan to healthy eating



Plan and prepare

- ⊖ Write a **list** of meals you like
- ⊖ Write a list of the ingredients you need
- ⊖ Shop only for those ingredients and **never shop when hungry**
- ⊖ Prepare meals **in advance** and store in the fridge/freezer to use when needed.

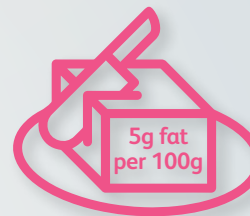


Four step plan to healthy eating



Be a food detective

- ⊖ Spend time **looking** at the products you normally buy
- ⊖ Are there **healthier options** lower in salt, sugar and added fats?
- ⊖ **Aim under**



Click below to learn how to read food labels

<http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>



Four step plan to healthy eating

Use mindfulness

- ⊖ Mindfulness is **focusing** on the food you're eating and the environment you're eating in. An easy way to **avoid over eating** and judge your calorie intake more effectively

How?

- Take your time to eat a meal
- Chew each mouthful fully
- Eat in a relaxed environment
- Listen for signs that you're full
(normally takes 15-20 minutes after starting a meal)



Four step plan to healthy eating



Healthy food swaps

Breakfast	Lunch	Dinner
Brown bread for white	Diluted juice for fizzy drink	Brown rice or pasta for white
Oats or muesli for high sugar cereal	Colourful salad for sandwich	Tomato for creamy based Sauces
Whole fruit for fruit juice	Vegetable based soups for Creamy soups	Side salad for garlic bread
Cinnamon bagel for Croissant	Healthy meal deal for high calorie take away	Fruit dessert for sugar filled pudding
Poached egg for fried	Americano for latte	
Rindless bacon for normal		



What to do next?

- ⊖ More **information** and **helpful articles**
- see Occupational Health and Wellbeing on
Connect or ***Safety Central***
- ⊖ Click below to learn more about a healthy diet.

<http://www.nhs.uk/livewell/goodfood/pages/healthyeating.aspx>

