



## A Healthy Diet and A Healthy Weight



**A good diet is one of the keys to overall good health and balancing your diet for a healthier lifestyle also depends on understanding your body's changing nutritional needs throughout your life.**



There is a combination of factors that determines your weight, and that's why it's difficult to set an exact ideal weight that applies to everyone, also there are a range of healthy body weights.

There is a tool called the BMI (body mass index) that will give you some idea of the health risk associated with being a certain weight for your height, it's just an approximate means of assessing body fat and then the potential associated risk to health.

However, this tool doesn't allow for weight from muscle - for example if you're an athlete or very muscular you will have a high BMI even if you have a healthy level of body fat. It's also not accurate for women who are pregnant or breastfeeding, the very young or very old. Click the link to find out your BMI.

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

### Your BMI Recommendations

BMI less than 18.5	Underweight, you may need advice on your diet as your health could be compromised, your GP is a good place to start
<b>BMI 18.5-25</b>	<b>IDEAL</b>
BMI 25-30	Overweight to Obese – should lose weight
BMI 30-40	Very obese – need to lose weight now, you may need professional guidance
BMI greater than 40	Your health is being seriously compromised weight loss is urgently recommended with medical supervision, see your GP

### Some Useful Facts

- Stress causes unhealthy eating habits, a sudden urge/craving to eat junk food (fats and sugars)
- Lack of a good nutritional diet will inflict greater stress on the body, plus cause other problems that can be a threat to your physical and mental health
- The majority of the time, foods consumed in stressful situations will be 'convenience foods' that are just a quick fix, in fact these foods and drinks are not a fix at all and only worsen the problem
- Stress can cause you to forget or skip meals, but this means you find later on in the day you become hungry and then more likely to resort to eating junk food to fix the hunger pangs quickly
- When experiencing stress, coffee or other stimulants are often used to try and help, which can have negative side effects on your body causing it to stay awake when rest is required and also has side effects on the brain and nervous system if taken in vast quantities
- The hormone cortisol produced by stress, gives you a strong urge to eat foods that are high in carbohydrates, sugars and fats causing excess fat to be stored around the upper half of your body (apple shape). This excess fat around the abdomen can lead to serious health problems such as heart disease and diabetes.
- Stress causes the body's natural defences (immune system) to be severely affected leaving you prone to contracting/developing illnesses, so a healthy diet with the correct nutrients and vitamins is vital

## How to Find Your Healthy Foods

There are five major food groups, and if you eat the right amount from each, it will help you to eat well and stay well	
Starchy foods	This food group is your body's main source of energy and contains bread, pasta, rice, potatoes, noodles, chapatti, cereals and other starchy carbohydrates.
Fats & Sugars	These foods, although an important energy source, often contain few other nutrients, so it's healthier to limit their consumption. This group includes foods such as cakes, biscuits, sweets, sugar-sweetened drinks and crisps
Fruit and vegetables	Fruit and vegetables are low in energy and packed with vitamins, minerals, protective plant compounds and fibre, so they're a great source of nutrients and vital for a healthy diet. It's recommended that fruit and vegetables form the basis of your diet, with a minimum intake of five portions each day - about a third of your daily food consumption
Protein	It's vital your diets contain protein, either from animal or plant sources. Foods containing protein are in three groups: <ol style="list-style-type: none"> <li>1. Meat, poultry, fish, shellfish and eggs</li> <li>2. Pulses, nuts and seeds,</li> <li>3. Soya products and vegetable protein foods</li> </ol>
Milk and dairy products	The foods in this group are important sources of protein, vitamins and minerals, and are particularly rich in calcium, which is essential for healthy bones and teeth. This food group includes milk and milk products - cheese, yoghurt and fromage frais - but not butter, margarine or cream.

### Your Nutritional Needs Change

### Your Diet Affects your Health

Your body's nutritional needs change throughout your life. Being aware of this can help you to adjust what you eat. The main life stages are:	Your diet can enhance your chances of avoiding certain diseases, and help you cope better with some conditions e.g.
Healthy eating for conception and pregnancy	Some cancers
The nutritional needs for babies and pre-school children	Heart disease
The nutritional needs for school children and teenagers	Coeliac disease
Healthy diet for adults	Diabetes
Healthy diet for older people	Osteoporosis
	Obesity

**EATWELL  
BEWELL**

#### With the right nutrition you can:

- Reduce the impact that stress has on your body
- Effectively repair any damage that has been done prior to this.
- A balanced nutrition also prepares your body for stress that it may experience in the future

## Top Tips to Help You Eat Well When You Go Out



*Takeaways are often cheap, convenient and satisfying but, unfortunately, they're not always very healthy. Here are some ways you can still enjoy your takeaway, healthily!*

### Fish and chips

- **Try to avoid:** thin-cut chips, pies such as cheese and onion pie or steak and kidney pie, jumbo sausage.
- **Healthier options:** fish coated in breadcrumbs, mushy peas, thicker-cut chips without salt. If you want salt, ask to add it yourself!

### Italian

- **Try to avoid:** large deep-pan pizzas, pizzas with the crust stuffed with cheese, triple cheese with pepperoni pizzas, creamy pasta sauces, and garlic bread.
- **Healthier options:** small or medium pizza with a thin base and vegetable or lean meat topping, tomato-based pasta sauces, bruschetta.

### Chinese

- **Try to avoid:** sweet and sour battered pork balls with special or egg fried rice, prawn toast, spring rolls.
- **Healthier options:** crab and corn soup, steamed dumplings, steamed vegetables and plain boiled rice, steamed fish, chicken chop suey, Szechuan prawns.

### Thai

- **Try to avoid:** fried rice, fish cakes, spring rolls, prawn crackers, satay skewers with peanut sauce and sweet and sour dishes.
- **Healthier options:** clear soups such as tom yum, salads, stir-fried meat, fish or vegetable dishes, steamed seafood dishes, such as fish or mussels.

### Indian

- **Try to avoid:** any creamy curries such as korma, passanda or masala with pilau rice, naan, bhajis, pakoras and poppadoms.
- **Healthier options:** tandoori or madras with chicken, prawns or vegetables, plain rice and chapatti.

### Kebab and burgers

- **Try to avoid:** large doner kebab with mayonnaise and no salad, burgers with cheese and mayonnaise, thin-cut chips, chicken or fish patties deep fried in batter.
- **Healthier options:** shish kebab with pitta bread and salad, grilled burgers made from lean fish or meat (beef or whole chicken breast) and without cheese and mayonnaise.



Only **you** are able to make a difference to your life & your health, make a positive decision today!