



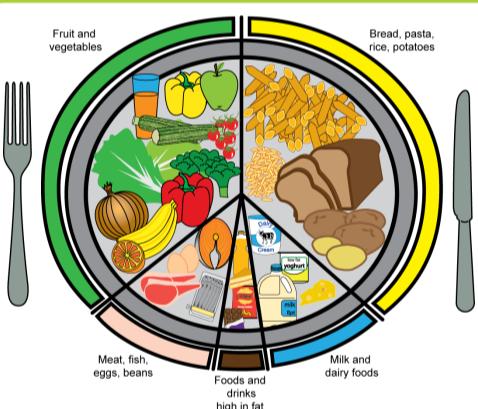
## Staying Healthy



Staying healthy is important for your **body**, so that you can **keep active** and for your **mood**.

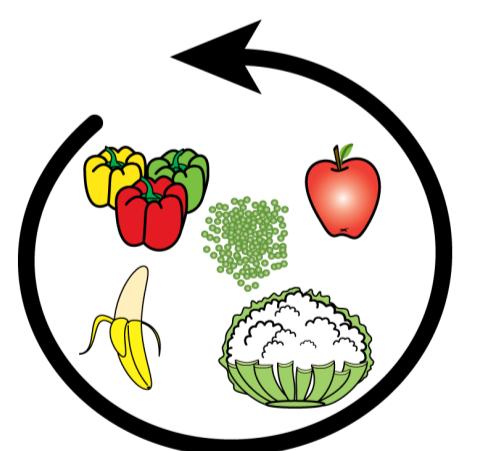


If you are eating the right food and keeping physically active, your body will be strong and can better cope with stress or illness



The Eat well Guide can help guide you to eat a balanced diet

Try to follow the **Eat Well guide:**  
[www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide)

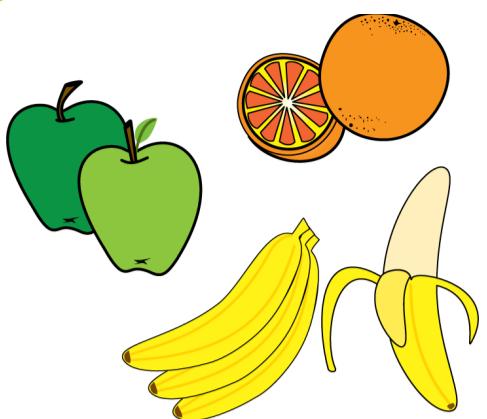


Aim to eat at least **5 portions of vegetables or fruit a day**

Fresh, frozen, tinned, dried or juiced all count



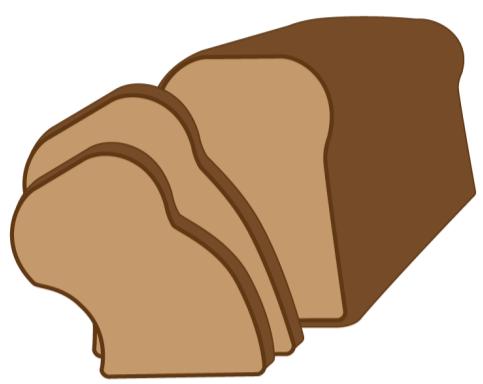
Juice and smoothies are **very high in sugar** so keep them to total of 150ml per day



More information about **fruit portion sizes**

Website:

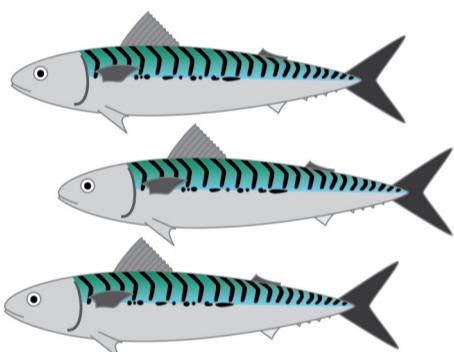
[www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/healthy-eating-toolkit/food-portions/fruit](http://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/healthy-eating-toolkit/food-portions/fruit)



Eat starchy foods with your meals – choose **wholegrain or high fibre** options (like brown bread/rice/pasta/cereals)



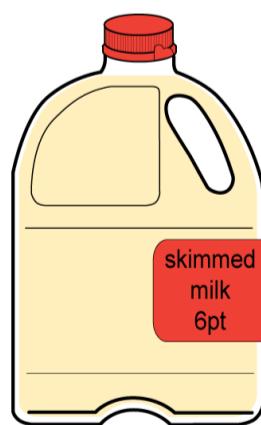
It is important to also eat **healthy proteins (pulses, eggs, fish, nuts and seeds, chicken)**



Beans, peas and lentils are **lower in fat and higher in fibre** than meat

Eat **less red meat or processed meat** like bacon, ham or sausages

Aim to eat 2 portions of **fish** each week – one of which should be oily fish like mackerel, sardines or salmon



**Dairy/dairy alternatives** such as cheese, milk and yogurt have protein and calcium to **keep bones strong**

Choose **low fat/low sugar** options like 1% fat milk, reduced fat cheese or low-fat yogurt



Choose healthier **fats** such as vegetable, olive or sunflower oil and spreads

...but don't have too much!

**One portion of oil/spread = 1 teaspoon**



Try to eat **less snacks and treats**

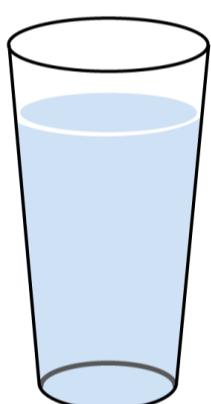
These are high in **fat, salt and sugar**

For example crisps, ice cream, biscuits, cakes, sugary soft drinks or ketchup.



**Eating healthily** helps to keep a **healthy weight**, helps your **body work properly**, and can help you feel full of energy

If your weight is going up or down, or if you would like some help with your weight, you should always **speak to your doctor**.



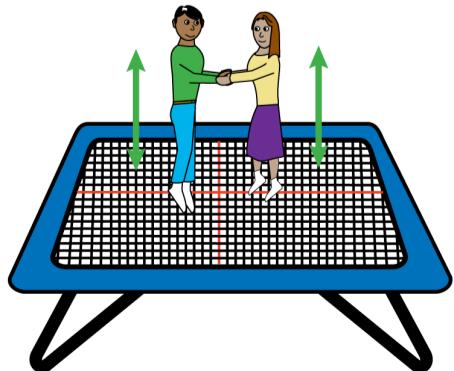
**Aim to drink 6-8 cups a day** – water, lower fat milk, sugar-free drinks including tea and coffee all count

If you have a heart condition or other medical problems – you should **speak to your doctor**



**Cut down on salt** – eat less salty foods like salted nuts or crisps

Try not to add salt to your food!



You should **aim to be physically active every day**. Any activity is better than none, and **more is better still**.

If you have other health conditions, **speak to your doctor** about how to exercise safely



It is also important to get **good sleep** so that your **mind and body** can feel rested

If you are having problems with your sleep you should **speak to your doctor**.

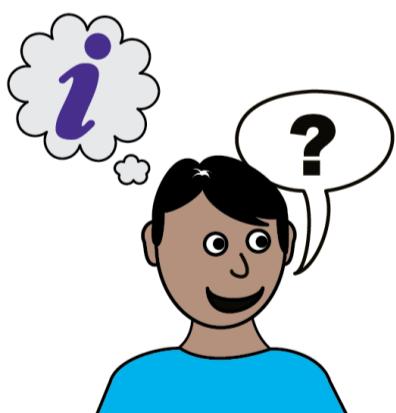


You should also **avoid smoking or drinking alcohol**

**Speak to your doctor, nurse or pharmacist** if you need some help with this!



What things do you enjoy doing to help you stay healthy?



Would you like some **more information**?

**One You Leeds:**

Website: [oneyouleeds.co.uk/move-more/](http://oneyouleeds.co.uk/move-more/)

Phone: 0800 169 4219

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: 0113 8555049. Email: [getcheckedoutleeds@nhs.net](mailto:getcheckedoutleeds@nhs.net)