

# Carers food and Health toolkit



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

## What is a healthy balanced diet?

The Eatwell Guide shows the different food groups which make up a healthy, balanced diet. It is important to eat a good variety of foods. This helps manage weight and improve wellbeing. It can also reduce the risk of some health conditions such as heart disease, stroke and diabetes.

Try to have 3 regular meals, and include the following in your diet each day:

- a starchy food at each meal.
- cereal, bread, potatoes, pasta or rice. Wholemeal/high fibre types are best.
- 2-3 helpings of protein rich foods.
- lean meat, chicken, fish, eggs, beans or pulses - lentils, chickpeas.
- a generous portion of vegetables or salad with each meal.
- 3 pieces of fruit daily.
- a small glass, 100mls of pure fruit juice is one portion.
- 1 pint (600mls) of semi-skimmed milk each day.
- small pot of yoghurt or matchbox size piece of cheese can be substituted for 1/3 (200mls) pint of milk.

## **Fruit and vegetables**

Aim for at least 5 Portions of fruit and vegetables a day!

Here are few ways you could include these:

- add fruit to cereal.
- try banana on toast.
- snack on fruit or chopped vegetables.
- add salad to a sandwich or roll.
- have vegetable soup.
- have a large helping of vegetables or salad with your meal.
- have fruit salad as a dessert.
- have a glass of fruit juice with breakfast.

## **Ten top tips for a healthy diet!**

1. Water and 'no added sugar' cordials are a better choice than fizzy drinks. Aim to have 6 – 8 cups of fluid each day.
2. If you are trying to control your weight, try using a smaller plate to cut down on portion sizes.
3. A large helping of vegetables or salad at each meal is a healthy way to fill up. If you are trying to lose weight aim to fill half your plate with vegetables or salad.
4. Include cereal, bread, pasta, potatoes or rice for breakfast, lunch and dinner.
5. We don't need to eat large amounts of meat. A small helping will do. Include meat with 2 meals each day. Lean meat, fish, eggs, pulses or meat-free alternatives are healthy choices. Aim to have fish at least twice a week.
6. Only use a thin scraping of butter or lower fat spread.
7. Snack on fruit. This can be frozen, fresh or tinned.
8. Cut down on high fat foods like crisps, chips, pies, pastries and fried foods.
9. Limit chocolate, sweets, cakes and biscuits to 1 small treat a day.
10. Avoid adding sugar to foods and drinks.

## Portions

The Eatwell Guide shows the different food groups which make up a healthy, balanced diet. It is important to eat a good variety of foods. This helps manage weight and improve wellbeing. It can also reduce the risk of some health conditions such as heart disease, stroke and diabetes.



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## Carbohydrates

Aim for two to three servings a day.



**Breakfast cereal**  
About 3 Handfuls



**Dried rice or pasta**  
About 2 handfuls



**Baked potato**  
About the size of your first



**Bread**  
2 slices (or 1 as a snack)



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## Fruit and vegetables



Fresh fruit  
One piece or a handful



Vegetables/salad  
About three serving spoons



Tinned/stewed fruit  
Three dessert spoons



Fruit  
100mls



Raisins, sultanas or 3 dried  
apricots  
One dessert spoon

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## Milk and dairy

Aim for two to three servings a day.



Semi-skimmed milk  
200mls (2/3 pints)



Low fat/low sugar yoghurt  
One pot (125g) or four  
dessert spoons



Cheddar/hard cheese  
Matchbox size



Cottage cheese  
Four dessert spoons



Low fat soft cheese  
Two dessert spoons

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## Meat, fish and alternatives



Chicken breast  
One small



Tuna in water or brine  
Small tin (about 145g)



Eggs  
Two



Grilled sausage/braised  
streak/pork chop  
One lean and grilled



Baked beans/lentils/dhal  
Four heaped dessert spoons



Lean cooked meat or  
corned beef  
Two large slices



White fish fillet/Quorn  
One medium fillet



Mince  
Four heaped dessert spoons



## Fats, Oils and spreads

We have been increasing our portion sizes over time. We snack on foods which are high in fat and sugar. This can cause weight gain or make it difficult to lose weight. Limit fat and sugar in your diet by choosing healthier snacks. Choose smaller portions of fatty and sugary foods. Use small amounts of oils and butter/spread. Limit food high in fat.



Reduced fat spread  
Two teaspoons



Butter or margarine  
One teaspoon



Cooking oil/ghee or use a spray  
One teaspoon



Peanut butter  
One teaspoon



Mayonnaise/salad cream  
One teaspoon



Reduced fat  
mayonnaise/salad cream  
Two teaspoons



French or caesar dressing  
One dessert spoon



Single cream  
Two dessert spoons



Double cream  
One dessert spoon

## Snacks

Reducing snacking can help to control your weight.

### Watching Your Weight?

Aim For 100 Calorie Snacks, 2 A Day Max!



### Top tips

- Have lower calorie snack options.
- Reduce snacking when trying to control weight.
- Eat regular meals every day to reduce snacking Have lower calorie snack options.

### 100 calorie snacks

- 2 cups of berries
- 2 pieces of fruit
- 2 small crackers or crispbreads with low fat cream cheese
- Raw vegetable sticks with 30g (1oz) low fat cream cheese/hummus or 2 tbsp salsa
- 1 packet sugar free polo mints
- 120g pot of 'diet' type, low fat / sugar free yoghurt
- 1 serving of 'slim' soup
- 1 serving of low-calorie hot chocolate drink
- 2 rice cakes with low fat cream cheese / cottage cheese and cucumber
- 1 crumpet
- Malt loaf slice
- Sugar free jelly
- Popcorn
- 1 triangle oatcake
- 1 scoop of ice cream
- 1 fun sized chocolate bar
- Small packet of lower fat / baked crisps
- 2 plain biscuits



# Meal planning

Menu planning helps ensure your diet is healthy and provides the nourishment you need

## What makes a good meal?

Menu planning should:

- Consider likes, dislikes and any special dietary needs.
- Reduce food waste and save money.
- Ensure meals do not become too repetitive.
- Reduce the use of 'convenience' foods and increase homemade meals.
- Give an opportunity to try new and different foods.

## How to plan menus

- Try to plan meals for the week.
- Make a shopping list and stick to it.
- Decide on the main meal. The lighter meals such as lunch can be swapped about.
- Include a variety of filler foods. These are bread, cereal, potatoes, pasta, rice.
- Include a variety of protein foods. These are meat, poultry, fish, beans, pulses, eggs.
- Buy different types of vegetables. These can be boiled, stir fried, steamed or eaten raw.
- Write down the weekly menu. This shows how varied the meals are.
- Include high fibre breakfast cereals, wholemeal toast and fruit.
- Make as many homemade meals as possible. Convenience foods are expensive and can be high in fat, sugar and salt.
- Include plenty fruit and vegetables on your shopping list.
- Multi buy offers are only useful if you need these items, or they can be stored for future use.



## Healthy meal planning ideas

- Have vegetable or pulse-based soups (e.g. lentil/broth) rather than 'cream of' types. Have homemade soup rather than packets/tins.
- Have a range of main meals and vary between fish, poultry, vegetable and meat dishes.
- Add beans or pulses to meat/poultry dishes g. chilli con carne, curry with chickpeas or lentils. Eat less fatty processed meats like pies and sausage rolls.
- Make vegetarian dishes with pulses, beans or meat alternative in place of meat.
- Have potatoes (boiled/baked/mashed), pasta, rice or noodles rather than chips. Thick cut oven chips have less fat than thin cut chips.
- Avoid adding butter or margarine to potatoes or vegetables.
- Use reduced calorie salad dressings/mayonnaise.
- Use a smaller plate and fill this with plenty vegetables/salad to make the portion appear larger.

## Small changes

Small changes to what you eat, and drink can make a big difference to your health.

### Did you know?

- Replace a large size burger and fries with a regular burger and fries and **save 461kcal and 32g fat.**
- Replace a cream cake with a currant bun and **save 85kcal and 17g fat.**
- Replace 1 pint of whole milk with skimmed milk and **save 187kcal and 21g fat.**
- Replace 1 slice of toast and butter with 1 slice of toast and low fat spread and **save 35kcal and 4g fat.** Over one week this could **save 245kcal and 28g fat!**
- Replace a milkshake with can of diet fizzy drink and **save 516kcal and 13g fat.**

### Small changes- big benefits

Small changes make a big difference. See some top tips below for burning extra calories.

### Top tips

- Park your car further away.
- Limit your time sitting down, get up and move around!
- Get off the bus a few stops early and walk the rest of the way.
- Walk to the shops instead of driving.
- Take the stairs instead of the lift.

## Exercise and calories

### 35-minute leisurely walk, 5 times a week

You could burn 500 calories.

### 30-minute slow swim

You could burn 200 calories.

### 30 minutes housework like hoovering, dusting and polishing

You could burn 100 calories.

### 20 minutes fast walk

You could burn 100 calories.

### 30 minutes playing Frisbee

You could burn 100 calories.

## Eating out and takeaways

Making healthier choices with takeaways.

### Eating out

#### Choose

- ✓ starters such as soup / melon/ corn on the cob (no butter), side salad (without dressing or mayonnaise).
- ✓ soup and a main course rather than a main course and pudding.
- ✓ a smaller (½ size) portion of main course / pudding.
- ✓ grilled fish or fish steaks.
- ✓ casserole steak or potato topped pie.
- ✓ boiled or baked potatoes.
- ✓ grilled chicken, plain chicken breast/chicken kebabs.
- ✓ healthier fillings for baked potatoes like beans, tuna and sweetcorn.
- ✓ 1 or 2 scoops of vanilla ice cream if choosing dessert.
- ✓ a small plain burger with diet drink.

#### Avoid

- ✗ all you can eat' buffets.
- ✗ fried foods like chips and pastry.
- ✗ foods like steak pie.
- ✗ deep fried chicken / chicken kiev.
- ✗ apple pie or sponge and.
- ✗ custard or cream.
- ✗ 'Going large' with a meal.
- ✗ a burger with mayonnaise/cheese,
- ✗ fries and milkshake
- ✗ fried fish in batter or breadcrumbs
- ✗ cheese, coleslaw and other high fat
- ✗ fillings on baked potatoes/sandwiches



## Takeaways

### Choose

- ✓ to share a portion.
- ✓ fortnightly or monthly treat
- ✓ boiled rice.
- ✓ noodle or rice dishes with plenty of vegetables.
- ✓ smaller size pizza with a thin base and vegetables/lean meat toppings.
- ✓ choose a low-calorie drink.
- ✓ Tandoori or vegetable type curries with tomato-based sauce.
- ✓ thicker cut chips without salt and share a portion.
- ✓ small chapatti.
- ✓ fish in breadcrumbs.
- ✓ lean grilled burgers with salad.

### Avoid

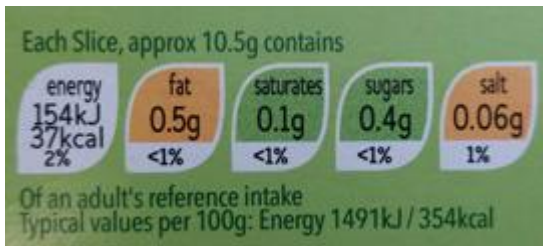
- ✗ fried rice
- ✗ sweet and sour or deep fried/battered dishes.
- ✗ creamy curry sauces like Korma or Pasanda.
- ✗ thicker cut chips without salt and share a portion.
- ✗ pies, deep fried sausages or puddings.
- ✗ milkshake with meal
- ✗ naan bread
- ✗ deep fried pakoras, samosas and poppadom's
- ✗ fish in batter
- ✗ extras like cheese/mayonnaise and chips



# Food labelling

Food labels can help us decide what types of foods we want to buy.

Some labels look like this:

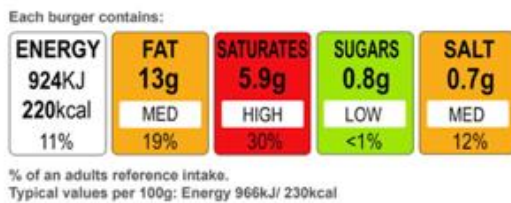


**NUTRITION**  
We suggest this product provides 4 servings

Typical Values (prepared as directed)	Per 100ml	Per sachet	Reference intake
Energy kJ	240	549	8400
Energy kcal	57	131	2000
Fat	2.4g	5.5g	70g
of which saturates	1.2g	2.7g	20g
Carbohydrate	7.8g	18g	260g
of which sugars	2.1g	4.8g	90g
Fibre	0.6g	1.4g	
Protein	0.8g	1.8g	50g
Salt	0.40g	0.92g	6g

Food labels can look complicated. Front of pack labels can make this information easier to understand. Red, green and amber on the label tell us about salt, fat, sugar and salt. Red means high levels. Amber means medium levels. Green means low levels.

Colour coded or traffic light labels look like this:



### Mostly red

Only eat this sometimes. Try to cut down, eat less often or eat smaller amounts.



### Mostly amber

This is ok most of the time.



### Mostly green

This is a good choice.

# Fluid

Remember to drink plenty low-calorie fluids throughout the day (aim for 6-8 cups or glasses).

## **The best option is water.**

Other options are:

- Sugar free diluting juice
- Herbal / fruit teas
- Tea/coffee
- Diet fizzy drinks (but not too many!)

What to avoid

- Energy drinks
- Fizzy soft drinks
- Adding sugar to tea and coffee
- Alcohol

# List of resources

## Educational resources

### **Healthy Eating Healthy Living (Training pack for support staff to facilitate a group.)**

A training pack designed to encourage healthy eating as a way of life for people with learning disabilities. Can be downloaded from

[www.sclد.org.uk/healthy-eating-healthy-living-pack/](http://www.sclد.org.uk/healthy-eating-healthy-living-pack/)

### **Caroline Walker Trust (Reading and training resources for support staff. Help to understand and apply good nutritional care.)**

Eating Well: Children and Adults with Learning Disabilities – Training Materials.

This can be downloaded for free from [www.cwt.org.uk/downloads/](http://www.cwt.org.uk/downloads/)

### **Easy Health website (A collection of easy read health information. Using simple words, clear pictures and films.)**

A variety of resources available to download from [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

### **Communication for Health, NHS Fife**

This website is for staff and carers. It contains easy read health information.

[www.nhsfife.org/services/support-services/communication-for-health/](http://www.nhsfife.org/services/support-services/communication-for-health/)

### **Food Standards Scotland**

Eat Well, Your Way is a resource to help you take small steps to eat healthier.

[www.foodstandards.gov.scot/consumers/healthy-eating/eat-well-your-way](http://www.foodstandards.gov.scot/consumers/healthy-eating/eat-well-your-way)

### **Healthy Eating Tutorial (Online modules for carers and support workers to improve food and health knowledge)**

A helpful tool for those looking for an introduction to nutrition. Who may be required to provide healthy eating messages to others as part of their job.

[www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/healthy-eating-tutorial](http://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/healthy-eating-tutorial)

### **NHS Fife Feed Your Mind Podcast (Dietitians talking about food as a player in mental health)**

*Episode 5 'Eating Well on a Budget' and Episode 7 'Vitamin D'*

[www.nhsfife.org/feedyourmind](http://www.nhsfife.org/feedyourmind)

## Pictorial recipes and cook books

Health Promotion Access Catalogue (HPAC), NHS Fife <http://hpac.fife.scot.nhs.uk>  
'My Own Cookbook', 'Cook Your Own Takeaway' and 'CookWell' recipe cards

Community Food and Health Scotland

[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

(Resources > Good Practice and Ideas > Community Cooking Sessions)

NHS Forth Valley, 'How to... Cook' and 'Six Step' Picture Recipes

<https://nhsforthvalley.com/health-services/health-promotion/nutrition/grow-and-cook/>

Love Food Hate Waste. Recipes, tips and guidance to make the most of your food at home.

[www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)

NHS Grampian, Confidence to Cook Recipes. <https://www.confidence2cook.co.uk/recipes>

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## Videos

What Makes a Good Meal. How to prepare meals for people with eating and drinking challenges. [www.youtube.com/watch?v=lbFSvzf-pk8](http://www.youtube.com/watch?v=lbFSvzf-pk8)

High Risk Foods. Raising awareness of high risk foods. How to support someone with eating and drinking challenges. [www.youtube.com/watch?v=fvwwLFkh7L4](http://www.youtube.com/watch?v=fvwwLFkh7L4)

A brief video explaining some of the different food labels found in the UK. Learn how to know what foods are high in fat, sugar and salt. Download our handy food label card and be more aware of the nutritional content of the foods and drinks you choose.

[www.youtube.com/watch?v=1hPg1-bfLYE](http://www.youtube.com/watch?v=1hPg1-bfLYE)

CookABILITY. Recipe videos. For people with a learning disability. To cook healthy home-made meals. [www.unitedresponse.org.uk/resource/cookability-videos/](http://www.unitedresponse.org.uk/resource/cookability-videos/)