

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

**Eat well to keep
well**

This leaflet contains information for people who want to remain healthy as they age or for those who have a condition that can affect their activity levels. It explains how to eat and drink well to maximize strength so as to remain as healthy as possible for as long as possible.

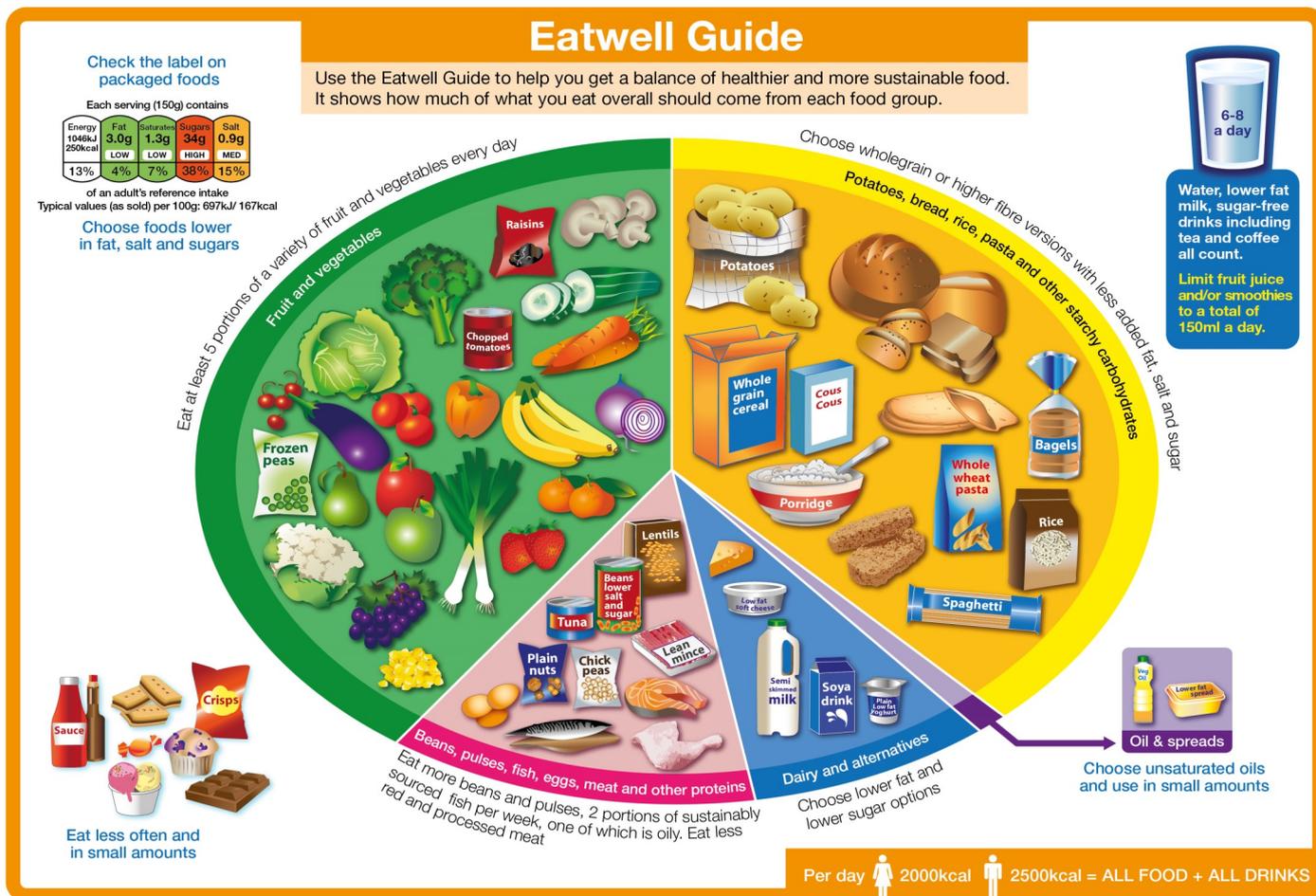
People who have lost weight unintentionally or are underweight can find appropriate leaflets on the South Warwickshire Foundation Trust website:

<https://www.swft.nhs.uk/our-services/adults-out-hospital-services/dietetics>

Eat well to keep well

To stay healthy, it is important to eat the right foods in the right amounts. The Eatwell Guide can help you do this as it indicates the proportions in which foods should be eaten, but limits foods high in fat and sugar. This leaflet will guide you on how to eat healthily.

To help maintain good health it is also important to be a healthy weight, remain active, drink plenty of fluids and limit your salt and alcohol intake.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016

Tips to eat well

- If possible, share shopping, cooking and eating meals with a relative or friend.
- Plan your meals and shop in advance.
- Bulk cook meals and freeze portions; you will then have a healthy, balanced ready meal available on busy days.
- Frozen and canned vegetables and fruit take little preparation and are easy to store.
- Aim to eat 3 meals a day—each containing some protein, starchy food, vegetables and fruit.
- Add in 2 nutritious snacks, such as fruit, yoghurt, small handful plain nuts or a bowl of cereal.
- Aim to have a pint of milk each day.
- Eat enough to keep your weight in the healthy range (BMI 18—25kg/m²). To find out more visit the NHS website (see page 7) and search for healthy weight or ask at your local pharmacy.

Potatoes, bread, rice, pasta and other starchy carbohydrates

This food group is an important source of energy for the body and also provides fibre, calcium, iron and B vitamins. Eating enough to keep your weight in the healthy range can help keep you strong.

It is important to have at least 1 portion from this food group at every meal. One portion is:

2 egg sized potatoes	$\frac{1}{2}$ a jacket potato	100g (4oz) sweet potato
2 tablespoons mashed potato	8 oven chips	1 medium slice bread or toast
$\frac{1}{2}$ a roll, wrap or bagel	1 mini pitta or $\frac{1}{2}$ a standard pitta	1 small chapatti
3 tablespoons of breakfast cereals	2 tablespoons of no added sugar muesli	1 Weetabix or shredded wheat (or supermarket versions)
2 crisp breads	3 small crackers	2 small oat cakes
1 crumpet or scotch pancake	$\frac{1}{2}$ English muffin or scone	1 plain biscuit
2 heaped tablespoons boiled rice	3 tablespoons boiled pasta, egg noodles or couscous	3 tablespoons dry porridge oats

Dairy and alternatives

Foods from this group are an important source of calcium and protein and help keep your bones strong. Butter, eggs and cream are not part of this group. You should aim for 2 - 3 portions from this food group per day. One portion is:

200ml ($\frac{1}{3}$ pint) of milk	1 small pot (125g) yoghurt	2 small pots (60g each) fromage frais
28g (1oz) hard or semi-soft cheese (Cheddar, Camembert, Brie or Edam)		40g ($1\frac{1}{2}$ oz) of hard cheese (Cheddar)
55g (2oz) soft cheese	85g (3oz) cottage cheese	200ml ($\frac{1}{3}$ pint) of milk substitute made from soya, rice, oats or nuts (make sure it has added calcium)

Fruit and vegetables

This food group is an important source of fibre, vitamins, minerals and antioxidants. Try to have different coloured vegetables and fruit to get a wide range of vitamins and minerals. Limit fruit juice and dried fruit to one portion per day as they have a high concentration of sugar.

Aim for around five portions from this food group per day. Included are fresh and frozen fruit and vegetables, canned and dried fruit, and salad. One portion is:

3 heaped tablespoons of cooked vegetables	1 small corn on the cob	$\frac{1}{2}$ avocado, courgette or pepper
2 tinned tomatoes or 1 tablespoon of tomato puree	1 side salad (the size of a cereal bowl)	1 tomato or 7 cherry tomatoes
5cm piece of cucumber	1 medium piece of fruit (apple, orange, banana)	2 small pieces of fruit (plums, apricots, satsumas, kiwis)
1 large slice of melon, papaya, pineapple or $\frac{1}{2}$ a grapefruit	A palm sized handful of grapes or berries, or 7 strawberries	3 dried apricots, dates or 2 dried figs
3 heaped tablespoons of stewed fruit	3 heaped tablespoons of tinned fruit in juice	150ml fruit juice or smoothie (one per day)

Beans, pulses, fish, eggs, meat and other proteins

This food group supplies protein, iron, B vitamins, zinc and magnesium, which all help maintain muscle. Included are all meats, poultry, offal, fish, eggs, beans, lentils, nuts and nut butters. Other vegetarian sources available are Quorn and textured modified protein.

Aim for 2 - 3 portions from this food group per day. One portion is:

4 heaped tablespoons (170g/6oz) baked beans in tomato sauce, cooked beans, chick peas, lentils or dahl	140g (5oz) cooked white fish or canned tuna	55-85g (2-3oz) cooked weight oily fish, or 70-100g (2½-4oz) raw weight oily fish
2 eggs	3 fish fingers (grilled or baked)	2 thin slices of lean cold meat
55-85g (2-3oz) cooked weight, or 70-100g (2½-4oz) raw weight meat or poultry	100g (4oz) soya, tofu or Quorn	40g (1½oz) nuts, nut butter (e.g. peanut butter), seeds or tahini

Oils and spreads

All fats and oils are high in calories. Choosing the right **type** of fat is important for good health. Try to choose unsaturated fats like olive, rapeseed, sunflower, corn and soya oils and spreads. One portion is:

1 teaspoon of spread or margarine	2 teaspoons of reduced or low fat spread or margarine	1 teaspoon of oil
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Foods high in fat and sugar

This group includes foods such as sugary drinks, chocolate, biscuits, cakes, crisps, jam or marmalade, puddings and ice-cream.

These foods are not part of the Eatwell Guide as they are not an essential or necessary part of our diet as they provide very little nutrition compared to their calorie content. Do not have these foods in place of meals, but they can be used as snacks.

Alcohol

Alcohol contains a lot of calories and is of no nutritional benefit in terms of vitamins and minerals. If your appetite is poor, a small portion may stimulate your appetite.

Remember - regularly drinking above the recommended daily limits can damage your health.

If you drink alcohol, follow the national low risk guidelines. There is no evidence that drinking alcohol can be absolutely safe, but by sticking within the guidelines, you can lower your risk of harming your health. The guidelines state:

- Men and women are advised not to regularly drink more than 14 units a week.
- Spread your drinking over three days or more if you drink as much as 14 units a week. A good way to keep to the low risk guidelines is to have several drink-free days each week.
- A single pub measure (25ml) of spirits, 50ml sherry or fortified wine and ½ pint of cider or beer contains 1 unit of alcohol. A small glass of wine (125ml) contains 1½ units.

Find more information about the national low risk guidelines on the NHS web site.

Or you can speak to your GP or another health professional for further advice.

Vitamin D

Vitamin D works with calcium and phosphorus for healthy bones and teeth. A lack of vitamin D can lead to pain and tenderness in the joints. It is also needed to maintain muscle strength. Maintaining healthy muscles and bones reduces the risk of falling and therefore damage related to a fall (e.g. fractures) can be avoided.

The recommended intake of vitamin D in the UK for healthy people is 10 micrograms (μg) per day. Food sources of Vitamin D are unlikely to maintain your Vitamin D levels, particularly during autumn and winter so a Vitamin D supplement of 10 μg a day is recommended. You can buy these in many chemists and supermarkets. You can get Vitamin D from sunshine during April to September by going out without sunscreen for short periods. Go to the NHS web site for sun safety advice.

Fluid and drinks

Fluid is essential to health. Your body is made up of approximately 60% water. Signs that you are not drinking enough include dark urine, passing urine less frequently, headaches, tiredness and lack of concentration. Drinking enough helps improve concentration, energy levels and sleep, and helps prevent falls and urinary tract infections.

You should aim to drink about 1 $\frac{1}{2}$ - 2 litres (6 - 8 glasses) of fluid a day.

If you are concerned about the frequency at which you pass urine, or concerned that you will have to urinate more often: Your body will adapt to taking in more fluid. Your bladder will stretch, so after a few days of drinking more, your body will return to its usual patterns.

If you have been told that only water counts as fluid: This is not true. Water, tea, coffee, squash, milk and juice are all fluids and count towards your 6 - 8 cups a day. Milky drinks are nourishing and will also give you protein and calories.

If you have been told that you have a sensitive or overactive bladder or concentrated urine: It's important to drink more as being dehydrated can make you want to urinate more often.

- Caffeine containing drinks such as coffee, tea and chocolate drinks can make irritation worse.
- Drinks high in sugar or acid such as fruit juice, pop and squash can also irritate your bladder.
- Try swapping to decaffeinated or caffeine free, low acidic teas such as Rooibus, herbal or fruit teas.

If you can't get up to make a drink: Ask carers to make up flasks of hot or cold drinks to place by your chair or bed. If you find it difficult opening a flask, an insulated cup or mug will keep the drink hot or colder for longer.

If you can't pick up cups or mugs easily: There are many adaptive cups on the market such as two handled cups, anti-shake mugs or lightweight plastic ones.

Physical activity

Physical activity is a key part of keeping healthy. Being more active will improve your overall health; improve sleep, give you more energy, reduce the risk of having a fall and reduce stress. It can also mean a decreased risk of diseases such as diabetes, stroke and heart disease.

The Department of Health recommends that adults should be active on a daily basis, aiming for a weekly total of 150 mins (2½ hours), and reducing the time you spend sitting everyday. This can be broken down into bouts of 10 minutes, aiming for 30 minutes 5 days a week. Activity should be of moderate intensity, meaning your heart will beat faster, you will feel warm, find it slightly harder to breathe, but be able to carry on a conversation. Examples are walking, cycling and swimming.

You should also do activities that increase your strength on 2 days a week, examples include carrying shopping or gardening.

Exercises such as yoga, tai chi, aerobic classes and dancing help improve balance and reduce the risk of you having a fall, so try to do these twice a week as well.

Aim to increase your activity gradually. If you have any health problems please check with your GP before starting any physical activity programme. To find out more go to the NHS web site and search for physical-activity-guidelines-older-adults.

My Action Plan

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Links for further information

- <https://www.bda.uk.com/foodfacts/home>
- <http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>
- <https://www.swft.nhs.uk/our-services/adults-out-hospital-services/dietetics>

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818 option 3:

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Published	February 2019
Review	February 2024
Version no	1
SWH No	03120



Approved by
SWFT Patient
Information
Group