

Diet and nutrition

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight. Despite what you see in some diet books and TV programmes, healthy eating can be really straightforward. A healthy diet contains food from the four major food groups, to give us the energy and nutrients we need.

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. It doesn't have to be difficult either. The average man needs around 2,500 calories a day and the average woman needs 2,000 calories a day. The average calories for a child varies from 1500 - 2000 depending on their age and gender. (2.)

- ⇒ To help you get the right balance of the five main food groups take a look at the Eatwell Plate on page 12. To maintain a healthy diet, the eatwell plate shows you how much of what you eat should come from each food group. (3.)
- ⇒ 5 A DAY meal planner - create a weekly 5 A DAY meal planner and shopping list in five simple steps. It makes healthy eating simple, with ideas for meals, tasty recipes, cheaper options and top tips. Visit www.nhs.uk/Tools/Pages/5aday.aspx.
- ⇒ BMI healthy weight calculator - check your BMI and get tailored advice. Find out if you or your child are a healthy weight, understand how BMI is calculated and get practical weight loss information. Visit www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx.
- ⇒ Keeping fit and having a healthy lifestyle is very important, but finding an activity to enjoy and getting motivated can be difficult. New Forest District Council has five health and leisure centres across the district so there is plenty of choice if you want to visit a gym or take part in a fitness activity. For further ideas of how you can keep fit and active in the New Forest visit, go to the New Forest District Council website – Health + Leisure – Fitness www.newforest.gov.uk. (4.)
- ⇒ If you or your family would like to be healthier and happier and like loads of ideas, recipes and games to help you then join Change4Life. There are lots of great free resources and ideas for cheap healthy recipes and snacks, ideas for activities in your local area, how to cut down on alcohol and loads more. www.change4life.co.uk.

Top Tips

- **Good foods in; bad foods out.** If you stock your cupboards and fridge with nutritious foods and toss out the junk, then your whole family will be eating the same healthy foods. Shop for fat-free or reduced-fat dairy and lean protein sources (skinless poultry, fish, turkey sausage and bacon), and have freshly washed vegetables and fruit available at all times.
- **Eat dinner as a family — and slim down favorite meals.** Sitting down to regular meals as a family is a great way to connect with one another and offers the opportunity to instill proper eating habits in your children at an early age. Family dinners are the best occasions for kids to explore new foods.
- **Minimise snacking.** Constant snacking throughout the day can set kids up for weight gain and leave them uninterested in eating when it's time to sit down for lunch or dinner. If they're less hungry, they'll be less willing to try new foods — like vegetables!
- **Make the TV room a no eating zone.** Excessive TV watching leads to inactivity and mindless munching. So make the TV room a "no-eating zone," and get the television sets out of your kids' bedrooms. (1.)

1. Five tips for a healthy, happy family. Joy Bauer. 2014. <http://www.joybauer.com/photo-gallery/happy-healthy-family/Get-moving-as-a-family.aspx> 2. Eight tips for healthy eating. NHS Choices. 2014. <http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx> 3. The Eatwell Plate. NHS Choices. 2013. <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> 4. Fitness. New Forest District Council. 2014. <https://www.newforest.gov.uk/index.cfm?articleid=9477>

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Start4Life

Healthy tips and advice for pregnant women, new mums, dads-to-be, friends and family.

www.nhs.uk/start4life.

First Steps Nutrition

Everyone who works at First Steps Nutrition Trust feels passionately about the need for better information and support for good nutrition – and good food – from pre-conception to five years. The information and support available can be accessed at

www.firststepsnutrition.org.

Health Walks

The Health Walks initiative encourages walking as a regular form of exercise to improve and maintain physical health. Regular short guided health walks take place every week throughout the New Forest area to help keep you fit and healthy. These free walks offer a great opportunity to enjoy the local countryside and meet new people. You can find out about health walks in the New Forest at www.cfnf.org.uk/healthy-walks.

Beat – beating eating disorders

Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders. If you're worried you or someone in your family may have an eating disorder, get in touch. www.b-eat.co.uk, Helpline 0345 634 1414, Youthline 0345 634 7650.

Change4Life

Change4Life has loads of healthy eating tips and recipes, and fun ways to exercise. Change4Life is there to help you and your kids eat well and move more.

www.change4life.co.uk.

NHS Choices

For a range of support and information on healthy eating, fitness and weight loss for you and your family visit the NHS Choices website. www.nhs.uk/Livewell/page/livewellhub.aspx

BUPA Health Hub

The Bupa Health Hub provides a variety of diet and nutrition information from managing your cholesterol, diabetes, exercise, vitamins and much more. Visit www.bupa.co.uk/individuals/health-information/diet-nutrition.