

positive

Healthy Body, Healthy Mind

CHECK IT OUT!



Paws for Thought...

"Eat five portions of fruit and veg a day!"

This week's theme is

Eating for Health

Did you know, a healthy diet helps to:

- Improve your wellbeing
- Manage your weight
- Reduce the risk of conditions such as heart disease, stroke and diabetes

Eating for Health

No foods are out of bounds it's all about achieving a balance. A balance can sometimes be hard in the fast paced world that we live in but here are some tips from the Nutrition and Dietetics team to help you achieve a balance:

- Plan meals and snacks: You're less likely to buy foods that may upset your balance if you've planned what you're going to eat and have it with you. It helps to save time and money too!

- Eat fish: Fish is a great source of lean protein and including an oily fish such as mackerel and salmon that contain Omega 3 helps protect against heart disease
- Aim for 5: The number has not changed. Aim to eat five portions of fruit and vegetables a day to give you all the vitamins and minerals you need
- Keep within recommended alcohol limits: If you drink alcohol then help your body by sticking to recommended daily intakes (women 2-3 units and 3-4 units for a man) and having a break from alcohol for a couple of days helps too

For more information and recipe ideas visit www.eatwellnotts.nhs.uk



The Live Project

Mental Health Services for Older People

Eating for health

Giving voice

Adult mental health services

Depression

Nottinghamshire Language for Life

Support for carers

Nottingham Recovery College

Dental services

School aged immunisations