

## Food Labels

Each 1/2 pack serving contains

MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Sat Fat	Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

of your guideline daily amount

Source: Food Standards Agency

All packaged food labels now have a traffic light system to tell you how much sugar, fat, salt and calories there are in it, and what percentage of your daily guideline amount that it represents.

The British heart Foundation recommend that foods with a red light should only be eaten occasionally. Foods with amber lights are fine to eat most of the time but foods with green lights are the healthiest choice.

Most foods will have a combination of red, amber and green lights, but try to choose foods with as many amber and greens as possible.

This healthy eating leaflet is part of a wider range of health and wellbeing information from DISC.

Ask your Support Worker if there are any more health and wellbeing issues that you would like to receive information about.



Health and Wellbeing

## Healthy Eating



## Smart Shopping Tips

Eating well doesn't have to cost the earth. Follow these simple shopping tips for eating more healthily and to do it in the cheapest way possible:

### **Make a Shopping List**

Plan your meals for the week and make a list of what you will need to make them. Having a list will mean you are less likely to buy things you don't need

### **Save Money**

You may have seen some money off coupons, why not plan your meals around these?

### **Think Healthy**

When you are out shopping, take some time to look at the food labels and see if there is a healthier version. Food labels are explained later on in this leaflet.

### **Getting Your 7 a Day**

As you are planning your meals, think about if you're getting your 7 a day. Foods that count towards this are explained in the next section.

## Your 7 a Day

Apart from potatoes, almost all fruit and vegetables count towards your 7 recommended portions a day. Fruit juice also counts as one portion.

Fruit and vegetables don't have to be fresh to count as a portion of your 7 a day. Frozen vegetables also count, as do vegetables added to soups or fruits blended into smoothies.



Did you know that the following also count towards your 7 a day?

Baked beans, tinned or canned fruit, dried fruit such as currants or sultanas, guacamole, houmous, tinned spaghetti

## Health Benefits

As well as getting your recommended 7 portions of fruit and vegetables a day, it is important to avoid foods which are high in fats, salt and sugar.

### **Fat**

Eating too much fat increases your risk of heart disease and you are more likely to put on weight. The heavier you are, the more likely you are to have high blood pressure and cholesterol.

### **Salt (Sodium)**

Having too much salt in your diet can lead to high blood pressure, increasing your risk of heart disease. Adults should eat no more than 6grams of salt per day.

### **Sugar**

Sugar has no direct link to heart disease, although it will make you put on weight if you eat too much, especially if what you're eating is also high in fat.

The next page explains food labels and how to choose healthy foods.