



Health & Independent
Living Support

Support
at Home



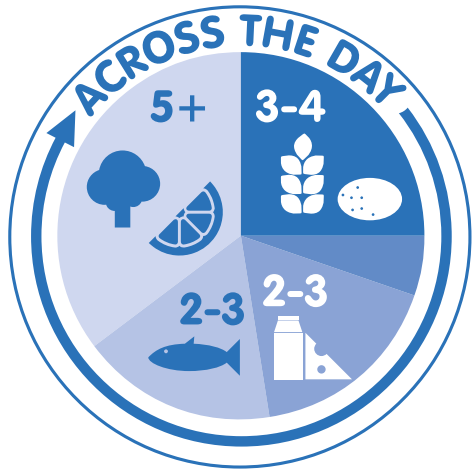
Eating for Good Health

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This booklet has been designed by our Nutrition & Wellbeing Team to help you stay healthy and well.

Food and drink are essential for good health. By eating a balanced and varied diet we give our bodies the nutrients they need to achieve good health. Good nutrition also means eating foods that we enjoy.

Each day, aim for:



	5+ portions of fruit and vegetables	5+
	3-4 portions of starchy foods	3-4
	2-3 portions of dairy/alternatives	2-3
	2-3 portions of protein foods	2-3
	Small amounts of unsaturated oils and spreads	SMALL AMOUNTS

Across the day

Here is an example of how this can look in meals and snacks across the day.

Breakfast				
Wholegrain cereal and milk		✓		✓
A banana	✓			
Small glass of orange juice	✓			
Morning Snack				
An apple	✓			
Lunch				
Tuna and sweetcorn sandwich		✓	✓	
Carrot sticks	✓			
2 satstumas	✓			
Afternoon Snack				
Cheese and oatcakes		✓		✓
Evening Meal				
Spaghetti bolognese	✓	✓	✓	
Broccoli	✓			
Small pot of fruit yogurt				✓
Total daily portions	7	4	2	3

To find out more about how to find the right balance for you, have a look at the British Nutrition Foundation booklets at: www.nutrition.org.uk

Please note, this booklet does not replace any individual, tailored advice given to you by a health professional. If you have a health condition or are taking medication which may be affected by a change in your diet, please speak to your doctor or dietitian before making any changes.

Food provides energy and protein to help our bodies stay strong and mobile. Good nutrition supports a healthy immune system and may reduce the risk of developing certain health conditions. Our meals at HILS are created to support good nutrition, so you can be sure that they are all nutritionally balanced.

Read on to find out about the important nutrients that everyone needs to stay well, and where to find them.

Drinking plenty of fluids each day is essential for our health

A healthy adult should aim to consume six to eight drinks throughout the day, every day. Go to page nine for tips and ideas on how to stay hydrated.

Being active is also an important factor for good health and keeping your muscles strong



Carbohydrates

Carbohydrates provide energy to our brains and muscles to carry out daily activities. There are three main types: sugars, starches, and fibre.

Foods high in sugar include fruit juice, sweets, and jam.

Starchy foods include rice, pasta, cereal products, bread, chapattis, naan, potatoes, and certain vegetables. Aim to include a starchy food at each meal.

Good sources of fibre include pulses, lentils, beans, oats, vegetables in their skins, wholegrains, wheat bran, and nuts. Eating enough fibre can help to promote a healthy digestive system and may prevent constipation. Eating plenty of fibre has also been associated with a reduced risk of certain diseases such as heart disease, stroke, diabetes, and bowel cancer.



Top tip:

drink plenty of fluids to make the most of the benefits of fibre

Protein

Protein is essential for growth, repair, and recovery. The amount of protein we need changes throughout our lives. As we age, we may need to include slightly more protein in our diets to support our health.

Different foods contain different amounts of protein, so aim to eat a variety of protein-rich foods with every meal. Meat, fish, eggs, tofu, Quorn, beans, pulses, lentils, nuts, milk, and dairy products are all good sources.

Consuming enough protein and being physically active can minimise muscle loss and can promote recovery from illness.

Fats

Fats are an important source of energy and help our body absorb certain vitamins (vitamins A, D, E, and K). There are two main types: unsaturated and saturated. The type and amount of fat that we eat is important for our health.

Unsaturated fats are found in oils including olive oil, sunflower oil, and rapeseed oil as well as nuts, oily fish, olives, and avocados.

Saturated fats are found in meat, butter, and cheese. They are also found in biscuits, cakes, pies, and pastries. We should all aim to have more unsaturated fat, and less saturated fat in our diets, which can help lower total cholesterol levels and support heart health.

Omega 3 fats are a group of unsaturated fats that we need to stay healthy. They can be found in different foods, in particular oily fish such as salmon, mackerel, pilchards, or sardines. Aim to eat two portions of fish a week, with at least one portion being oily.



Key vitamins and minerals

Below are some of the most common vitamins and minerals we need and some examples of where we can find them.

Folate (folic acid), Vitamin B12, and other B vitamins

- Involved in a range of important roles within the body, including nerve function and keeping our cells, skin, and vision healthy.
- Good sources of folate are found naturally in beans, legumes, and green leafy vegetables like cabbage, broccoli, lettuce, spinach, and kale.
- Vitamin B12 is important for health to help maintain energy levels. It is found in animal products like lean meat, fish, poultry, eggs, and milk products. Look for breakfast cereals fortified with Vitamin B12 or try yeast extracts like Marmite as an alternative.



Vitamin C

- Vitamin C is an antioxidant and has many functions. It aids the absorption of iron, maintains healthy connective tissue, and helps wound healing.
- To help keep the Vitamin C in the vegetables, try steaming or microwaving them.



Iron

- Important for red blood cells which carry oxygen around the body.
- Supports a healthy immune system.
- Found in red meat, pulses, beans, eggs, wholegrain products, nuts, green leafy vegetables, dried fruit, and fortified cereals.



Calcium

- Helps to keep our bones and teeth strong, as well as supporting our muscles and nerves. Also helps our blood to clot normally.
- Milk, cheese, and yoghurt are all good sources, as well as green leafy vegetables, nuts, and bony fish such as sardines.



Adults aged 65+ need a little more calcium, folate, and vitamin B12 every day

Vitamin D

- Needed by the body in order to absorb calcium and phosphate, important for healthy teeth, bones, and muscles.
- Vitamin D is made by our body from sunlight on our skin when we are outdoors.
- You can get small amounts from some foods including oily fish, eggs, red meat, yoghurts, margarines, and cereals that are fortified with Vitamin D.
- It is very difficult to meet our needs through our diet alone, and as we age, our skin is not as good at producing Vitamin D. It is recommended all adults take a daily supplement containing 10 micrograms (400 IU) of Vitamin D every day, which you can find at your local supermarket or pharmacy. The best choice is Vitamin D3. If you are vegan, try Vitamin D2.



Fruit and vegetables

Fruit and vegetables contain essential vitamins and minerals and are a good source of fibre.

Include at least five portions of different coloured fruit and vegetables each day. All fruit and vegetables count whether they are fresh, tinned, or frozen.



Tips to increase how much fruit and vegetables you eat:

- Adding dried or tinned fruit to your cereal or dessert
- Mashing a banana into porridge
- Have a glass (150ml) of fruit or vegetable juice
- Having fruit or vegetables as snacks between meals
- Adding frozen vegetables or tinned beans to your meals
- Adding salad items such as cucumber or tomatoes into your sandwiches or adding as a side with your meal



Top tip:
variety is key when it comes to fruit and veg

Top Tips: keeping hydrated

Not drinking enough can make us feel tired, dizzy, and even affect our memory. It can also cause constipation, water infections, and increase the likelihood of having a fall.

1 You should aim to have between six and eight drinks each day, that's around three pints.

Men need at least 2000ml/day (3 1/2 pints)

Women need at least 1600ml/day (3 pints)



2 Fruit cordials, juice, tea, and milk are all great fluid sources and come in lots of different flavours. Did you know that hot drinks like tea and coffee also count towards the number of drinks in a day?

3 Have a water bottle or your HILS jug to hand as a visual reminder to drink. If you struggle to hold a large glass, choose a lighter option like a plastic cup or one with a handle.


4 Hydration is not only about drinking. Including more fluid-rich foods like soups, tinned fruit in juice, ice-creams, and adding sauces to meals, can help increase your fluid intake, too.



5 Drinking more does not mean more toilet trips. In fact, not drinking enough can irritate your bladder, increasing the need to use the bathroom. While you may find yourself needing the toilet more often after increasing the amount you drink, this should settle after a few days. As we get older, our sense of thirst can reduce – but healthy older adults still need the same amount of fluid.

What should I be eating if I have diabetes?

If you have been diagnosed with Type 2 diabetes, following a healthy balanced diet is recommended.

If you are concerned about the sugar in your meals, choose our desserts with less than 15g sugar. These desserts have this symbol next to them on our main menu: 

More information on diabetes can be found on the Diabetes UK website at: www.diabetes.org.uk

Is it okay to drink alcohol?

We should all aim to minimise our consumption of alcohol. We should not drink more than 14 units per week regularly and should have several alcohol-free days every week. Alcohol below 4% can actually count towards keeping you hydrated.

How many units are in the most common drinks?

Pint
of
beer



2.8 Units

Glass
of
wine



2.3 Units

Spirit



1 Unit

1 Have three meals spaced out through the day, every day.



2 Remember to drink regularly throughout the day to stay hydrated.

3 Include fruit or dairy-based snacks between meals every day.



4 Try having a nourishing drink every day such as a milk-based drink or dairy-free alternative*.

*when buying dairy alternatives such as almond or soy go for calcium-fortified versions.

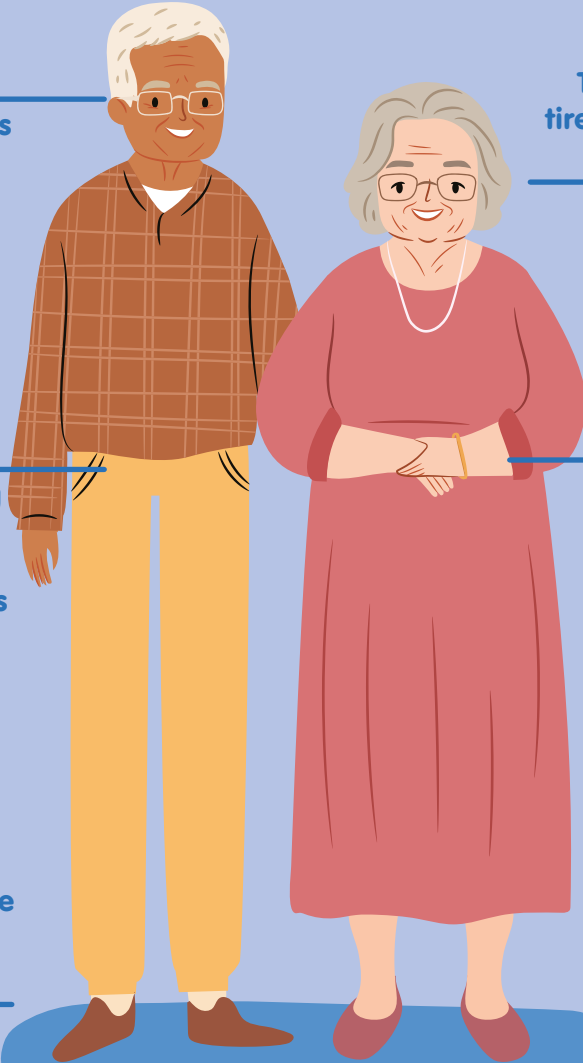
5 Finally - enjoy your food!



Spotting the signs of weight loss

There are several signs that you can look out for to check if someone is losing weight unintentionally. If you are concerned that you, or someone you know, may be affected, see the end of this leaflet for details about who to contact.

Their dentures and glasses no longer fit



They seem more tired and lethargic than before

Their clothing is looser, especially around waists and collars

Jewellery such as rings and bracelets are loose and may fall off frequently

Their cupboards are bare, or food is out of date

They seem to become ill more often and recover slowly

General guidance for healthy eating



The NHS has help and advice on their website to support older people who may be concerned about their weight: www.nhs.uk

The Malnutrition Task Force has practical information about eating well on their website: www.malnutritiontaskforce.org.uk

Check out BAPEN's resources that include self-screening tools and advice about malnutrition: www.malnutritionselfscreening.org



Call your local District Council to ask about their community public health initiatives and services.

If you are very concerned, speak to your GP about getting specialist support.

Help from HILS

Our meals on wheels menus are designed to provide a variety of quality meals that are balanced, nutritious, and adhere to national catering guidance.

We also have a variety of alternative menus which cater to specific dietary requirements, including Kosher, West Indian and Caribbean, Halal, texture-modified, higher energy, and allergen-free meals. To discuss creating a bespoke menu tailored to your dietary requirements, head to the Nutrition & Wellbeing page on our website:

www.hils-uk.org/support-at-home/nutrition-wellbeing



Help in Hertfordshire

If you live in Hertfordshire, you may be eligible for our free Nutrition & Wellbeing service. This can include nutrition education and malnutrition checks in your own home or over the telephone for up to six months.

You must be receiving HILS meals on wheels to be eligible for this service. Speak to your Support Team or the Community Team Member who delivers your meals to find out more. If you already receive nutrition or dietetic support from a health care professional, we will not be able to refer you to our Nutrition & Wellbeing Team.

Help in other counties

If you live in Bedfordshire, West Sussex, or Hampshire, check with your local District Council to find out what's available in your area. If you're concerned about your health or wellbeing, contact your GP for support.





**Health & Independent
Living Support**

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 **HILSHampshire** |  **@HILS_UK**

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