



Wellbeing Resources

The Disabled Police Association

Eating Well

'Are you getting the balance right????'

If we didn't put fuel in our car or used the wrong type of fuel – it wouldn't work – the same applies with our bodies. To maintain good health we need to eat a healthy, well balanced diet and stay active. The key to this is not to ban or omit foods, but to eat a variety of foods from each food group in the right proportions. .



There are five main food groups which include:

Fruit, vegetables and starchy foods

In any given meal these should make up two thirds of your meal

or food plate with remaining food groups making up the final third.

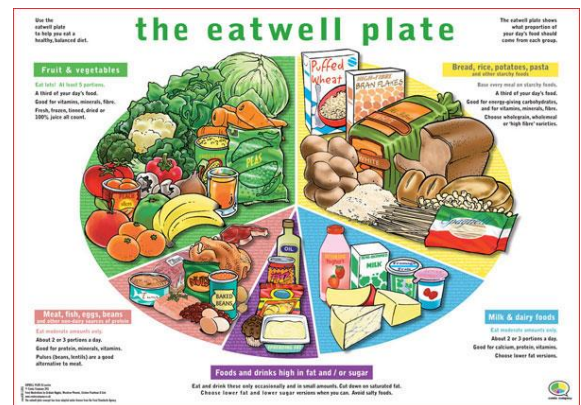
Having at least five pieces of fruit or vegetables every day is good for you because:

- They taste nice
- They are a good source of vitamins and minerals including folate, vitamin C and potassium
- They are an excellent source of dietary fibre which helps to maintain a healthy gut and prevent constipation and other digestion problems. A high fibre diet can also reduce the risk of bowel cancer
- They can help reduce the risk of heart disease, stroke and some cancers
- They contribute to a healthy and balanced diet

There are lots of ways to get your five a day into your diet, this includes:

- Tinned and frozen fruit and vegetables
- Introducing pulses and beans

- Dried fruit
- Juices (100% unsweetened) and smoothies
- Readymade foods, but beware as these may contain high levels of fat, salt and sugar, so only eat occasionally.



The Food Standards Agency has another five tips of eat healthy which include:

- Base meals on starchy foods like potatoes, cereals, pasta rice or bread. Wholegrain varieties contain more fibre will make you feel fuller for longer.
- Eat more fish – fish is a good source of protein and contains many vitamins and minerals. Aim for at least two portions a week, including one portion of oily fish like salmon, mackerel and trout.
- Cut down on saturated fat, sugar and salt – too much saturated fat such as hard cheese, cakes, cream and butter can increase the amount of cholesterol in the blood. Try to eat foods that contain unsaturated fats such as avocados, and vegetable oils. Too much salt can raise your blood pressure which and make you

more likely to develop heart disease. Aim to eat no more than six grams of salt a day.

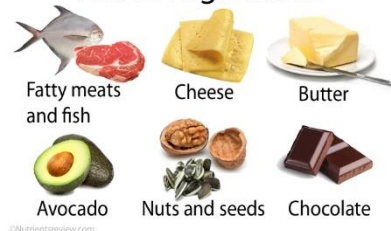
- Don't get thirsty – aim to drink about 1.2 litres of fluid each day to stop getting hydrated. Try to avoid soft and fizzy drinks that are high in added sugar as these can be high in calories and bad for our teeth
- Don't skip breakfast – research shows that eating breakfast can help you to control your weight. Whole meal cereal with sliced fruit on top and a glass of 100% fruit juice is a tasty and nutritious breakfast and will count as two of your five a day.

Fat and the Facts:

Did you know UK current government guidelines advise cutting down on all fats and replacing saturated fats with some unsaturated fats?

A small amount of fat is of an essential part of a healthy and balanced diet. Fat is a source of essential fatty acids

Foods High in Fat



which the body cannot make itself. It is also something that helps the body absorb vitamins A, D and E which are fat soluble, meaning that they can only be absorbed with the help of fats.

Any fat which is not used by your body's cells to create energy is converted into body fat. Likewise, unused carbohydrate and protein are also converted into body fat.

All types of fats are high in energy – a gram of fat wither saturated or unsaturated proves 9 calories of energy compared with 4 calories for carbohydrate and protein.

Foods which are high in saturated fats include:

- Fatty cuts of meat
- Meat products including sausages and pies
- Butter, ghee and lard
- Cheese, especially hard chesses like cheddar
- Cream, soured cream and ice cream
- Some savoury snacks, like cheese crackers, and some popcorns
- Chocolate confectionary
- Palm oil
- Coconut oil and coconut cream

The government recommends that men should not have more than 30g of saturated fat a day, women no more than 20g of saturated fat a day. Children should have less.

Unsaturated fats

If you want to cut the risk of heart disease, its best to reduce the overall fat intake and swap saturated fats for unsaturated fats. There is good evidence that replacing saturated fats can also help lower cholesterol. These types of fats can be found in fish, and plants.

