healthmanagement
A MAXIMUS company

**HEALTH MANAGEMENT
FACT SHEET**

Eating healthily

Eating a healthy, balanced diet is an important part of maintaining good health - and can help you to feel your best.

This means eating a wide variety of foods in the right proportions, while consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or denying yourself the foods you love. It's about feeling great, having more energy, improving your health, and boosting your mood.

Over thousands of years, diet - along with other aspects of daily living such as exercise - has played a crucial role in shaping our brain power.[1]

Research has shown that eating a diet rich in brain food – fish, seafood, beans & legumes, leafy greens and other vegetables, olive oil, yogurt, nuts – can be an effective and relatively simple way to promote cognitive abilities such as memory, decision making, and concentration.[2]

The NHS-produced Eatwell Guide shows how much of what we eat overall should come from each food group, in order to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

If you have special dietary needs or a medical condition, you should speak to a doctor or a registered dietitian for advice before making any significant lifestyle changes.

Take-away **tips**

1. **Get your five fruit and veg every day**

   It is recommended that you eat at least five portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

2. **Eat more fish, including a portion of oily fish**

   Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least two portions of fish a week, including at least one portion of oily fish such as salmon, trout or sardines. Oily fish are high in omega-3 fats, which may help prevent heart disease.

3. **Base your meals on high-fibre starchy carbohydrates**

   Some people think starchy foods are fattening, but gram-for-gram the carbohydrate they contain provides fewer than half the calories of fat. Use potatoes, bread, rice and pasta as the basis for your meals.

4. **Get active and be a healthy weight**

   As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

5. **Drink six-to-eight cups/glasses of fluid a day**

   All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks - including tea and coffee - are healthier choices.
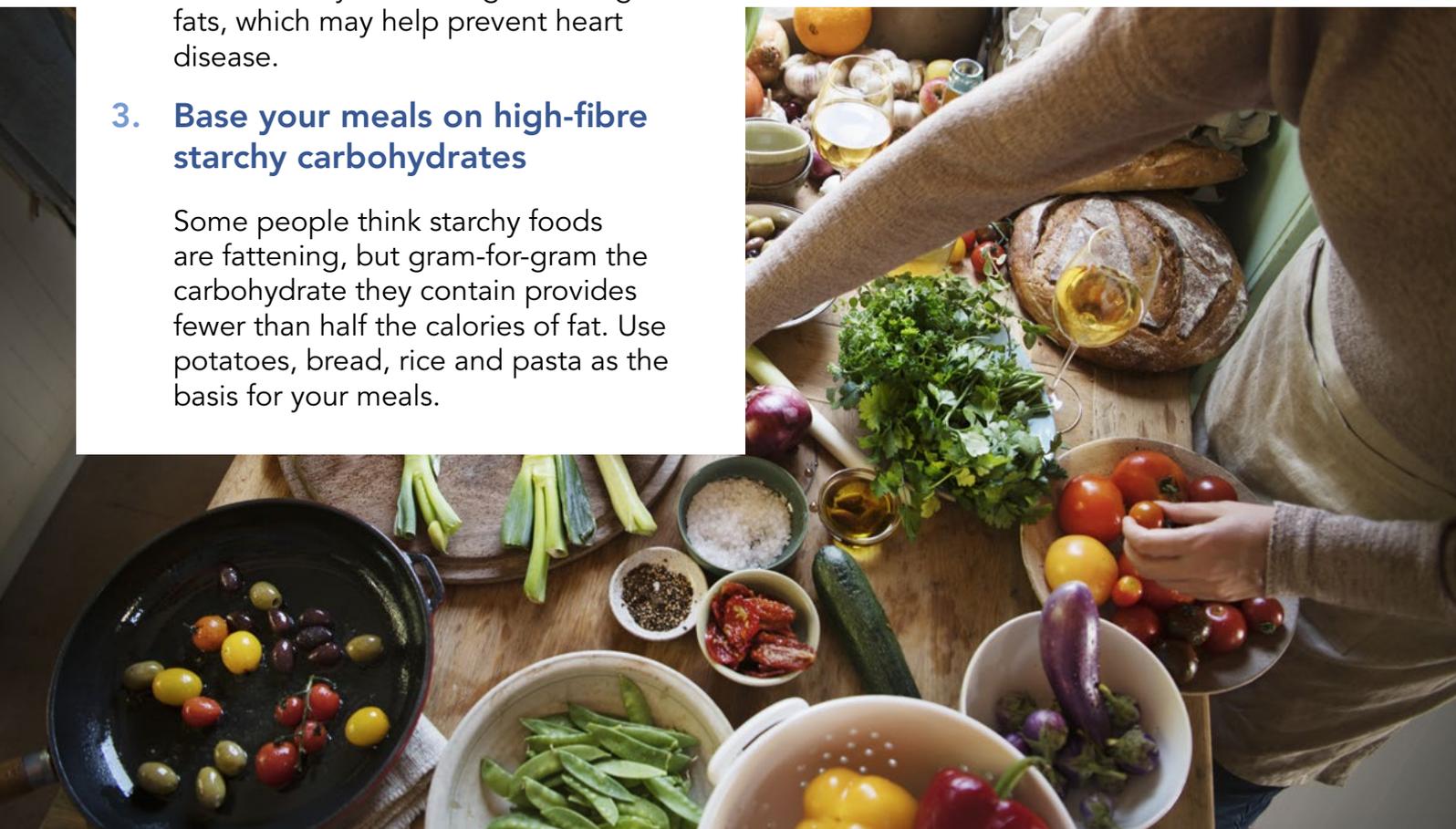
Contact us to find out more.

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[1]Gómez-Pinilla F. (2008). Brain foods: the effects of nutrients on brain function. Nature reviews. Neuroscience, 9(7), 568–578.

[2]Lachance, L., & Ramsey, D. (2015). Food, mood, and brain health: implications for the modern clinician. Missouri medicine, 112(2), 111–115.