

## Support to help you choose the healthy options

Eating fatty foods and sugary foods make you put on weight. Fatty foods are not good for your heart. To keep well, it is best not to have fatty and sugary foods every day. Eating healthy foods helps you feel well.

 <b>Healthy foods</b>		 <b><u>Foods to be avoided</u></b>	
 <b>Pasta</b>	 <b>Yoghurt</b>	 <b>Pizza</b>	 <b>Ice cream</b>
 <b>Cereal</b>	 <b>Meat</b>	 <b>Chips</b>	 <b>Cake</b>
 <b>Potatoes</b>	 <b>Fish</b>	 <b>Sausage roll</b>	 <b>Biscuits</b>
 <b>Bread</b>	 <b>Salad</b>	 <b>Crisps</b>	 <b>Sweets</b>
 <b>Rice</b>	 <b>Vegetables</b>	 <b>Cheese</b>	 <b>Chocolate</b>
 <b>Semi skimmed milk</b>	 <b>Apples</b>	 <b>Burger</b>	 <b>sugar drinks</b>
 <b>Water</b>	 <b>Oranges</b>	 <b>Pork pie</b>	 <b>Jam</b>
 <b>Diet fizzy</b>	 <b>Grapes</b>	 <b>Hot dog</b>	
	 <b>Banana</b>		

## Advice

It can be hard to eat healthy food all the time.

Some people find it easier if they:

- Buy foods that have the word 'diet' or low fat / low sugar labels
- Look for the Heart Foundation tick on the labels
- Drink diet squash or diet fizzy drinks
- Cut off any fat on meat before cooking
- Take the skin off the chicken don't eat it
- Spread low fat margarine thinly
- Try eating grilled food rather than deep fried foods
- Ask for a small portion rather than a large serve
- Exercise more if you have eaten too much
- Try and only eat a small amount of fatty or sugary food when your blood glucose levels are in the 'ideal' range

## Oils and Butter

Use only a little bit of oil or butter as it can make you put on weight very quickly



Butter



Oil

## Flavourings

Add flavour to your food by using:



Chili



Herbs



Garlic



Spices

## **Healthy Ways to Cook**



Grill, Stir fry



, Steam