

Improve Blood Glucose

Do I Eat?:

- Large portions of starchy/carbohydrate foods
- Regularly (*at least 3 meals daily including breakfast*)
- Sweet, sugary foods frequently

Do I Need To?

- Lose weight
- Take more physical activity

Am I taking my medication daily (if prescribed)

Lose Weight

Do I Eat?

- Too many high fat and sugary foods
- Large portions
- Regularly (*at least 3 meals daily including breakfast*)

Do I Need To:

- Restrict alcohol
- Take more physical activity

Lower Your Cholesterol

Do I Eat?

- Too much fatty foods
- Too much red meats and processed meats
- Enough fruit, vegetables and high fibre foods

And Am I?

- Overweight
- Taking my medication as prescribed (*if prescribed*)

To be healthy I need to ...



Lower Your LDL (bad) Cholesterol

- Reduce saturated/animal fat intake
- Eat oily fish 2-3 times weekly
- Use mono/polyunsaturated spreads sparingly
- Be a sensible weight
- Increase physical activity

Lower Your Blood Pressure

Am I Eating?

- Salt with my food or adding salt during cooking
- Too many salty/processed foods
- *At least 5 servings fruit/vegetables daily*
- 3 servings low fat dairy foods daily

Do I need to?

- Restrict alcohol intake
- Be a healthier weight

Am I taking my medication daily (if prescribed)

Increase HDL (good) Cholesterol

- Eat oily fish 2-3 times per week
- Be a sensible weight
- Take more physical activity
- Restrict alcohol intake

Lower Your Triglycerides

- Eat oily fish 2-3 times per week
- Lower your blood glucose levels
- Reduce sugary foods and drinks including unsweetened juice
- Restrict your alcohol intake
- Be a sensible weight
- Take more physical activity

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Fatty Foods

Fried foods, chips, butter, margarine, lard, suet, oils, cream, chocolate, cakes, biscuits, pastries, fat on meat, skin on poultry, processed meats (*sausages, luncheon meats etc.*), takeaways etc.

Saturated Fats - Butter, cream, cheese, palm (red) oil, fat on red meat, pastries, cakes, buns, biscuits etc.

Monounsaturated Fats - olive oil, rapeseed oil etc. olive oil based spreads.

Polyunsaturated Fats - sunflower oil, corn oil, sunflower oil based spreads.

Oily Fish

Salmon, mackerel, herrings, trout, sardines, Fresh tuna (*tinned tuna is not classed as oily*). Choose from fresh, frozen, vacuum packed smoked and tinned in brine/tomato sauce or sunflower oil (note: *smoked and tinned fish are high in salt*).

Portion Sizes (*Reduce Portion sizes of All Foods*).

One portion examples are: Meat/Fish/Poultry (2-3oz cooked), 1 small bowl cereal (1oz/30g), 1 slice bread (1oz), 1 small potato (3oz), 2 tablespoons Rice/Pasta (1oz uncooked).

High Fibre Foods

Wholemeal/wholegrain breads, wholegrain cereals (*porridge, weetabix, shredded wheat, all-bran, no added sugar muesli*). Fruit (eat skins where possible) and all vegetables including pulse vegetables eg. peas, beans and lentils.

Sugary Foods

Refer to top shelf of food pyramid: sweets, jams, marmalade, meringues, fizzy drinks, chocolate, biscuits, buns, cakes etc.

Salty Foods

Processed meats, tinned foods, crisps, salted and roasted nuts, cheese (*keep within recommendations*), Bovril, marmite, aromat, salt at the table (*Including sea salt, rock salt, iodised salt, garlic salt and onion salt, and salt substitutes e.g. Lo salt*). Use herbs and spices as flavouring instead of salt.

Alcohol - Recommendations

Standard Drink = Glass of beer/lager/stout or measure of spirits or small glass of wine

Recommended = **Men** 21 standard drinks over the week **Women** 14 standard drinks over the week

Physical Activity (*Moderate intensity exercise: increased breathing and heart rate while able to carry out a conversation*).

For health benefits: (*including lowering blood lipids, blood glucose levels, blood pressure*)

30 minutes moderate aerobic exercise at least 5 days a week is recommended.

For weight loss: 60-75 minutes moderate intensity exercise at least 5 days a week is recommended.

Healthy Weight

BMI 20 or below

BMI 20-25

BMI 25 - 30

BMI 30+

Underweight weight

Normal weight

Overweight

Obese

My present BMI is:

A healthier BMI for me would be:

My present weight is:

My target weight is:

