

# Rehab Services



## Healthy Eating

Eating well and having a healthy lifestyle can help us feel our best and make a big difference to our wellbeing. This guide shows the different types of foods and drinks we should consume, and in what proportions, to have a healthy, balanced diet.



The **Eatwell Guide** can help you to understand the different types and amounts of food that make up a healthy, well-balanced diet. The Guide is made up of 5 food groups:



Eating a Rainbow diet can help us get a variety of important vitamins and nutrients.



## Fruit and Vegetables

Fruit and vegetables should make up just over a third of the food we eat each day.

Aim to eat at least **five portions** of a variety of fruit and veg each day. Choose from fresh, frozen, canned, dried or juiced.

A portion is 80g or any of these:

- 1 apple, banana, pear, orange or other similar-size fruit.
- 3 heaped tablespoons of vegetables, a dessert bowl of salad.
- 30g of dried fruit or a glass of fruit juice or smoothie (counts as a maximum of one portion a day).
- A handful of small fruits like berries.

Fresh, frozen dried and canned all count. Consider soups, casseroles and smoothies to help you to achieve your 5-a day.

## Carbohydrates

Starchy food including potatoes, bread, pasta, cereals and noodles are a really important part of a healthy diet and should make up just over a third of the food we eat.

Choose higher-fibre, wholegrain varieties when you can e.g. whole-wheat pasta, brown rice, leaving the skins on potatoes.



### Why choose wholegrain?

Wholegrain food contains more fibre than white or refined starchy food and often more of other nutrients. We also digest wholegrain food more slowly so it can help us feel full for longer.

## Dairy and Alternatives ( e.g. Rice milk or Soy)

Try to have some milk and dairy food – such as cheese, yoghurt and fromage frais.

These are good sources of **protein** and vitamins, and are also an important source of **calcium**, which helps to keep our bones strong. Try to have three portions a day to meet most calcium needs.

A portion is:

- a small pot of yoghurt,
- 1/3 pint of milk
- a small matchbox size piece of cheese.



You may wish to choose lower fat and lower sugar options.

## Meat, Fish, Eggs and Other Proteins

These foods are sources of protein, vitamins and minerals, so it is important to eat some foods from this group.

**Beans, peas and lentils** are good alternatives to meat because they're naturally very low in fat, and are high in fibre, protein, vitamins and minerals.

Aim for at least two portions (2 x 140g) of **fish** a week, including a portion of oily fish such as mackerel, trout, sardines or kippers.

Some types of **meat** are high in fat, particularly saturated fat. Cut down on fat by choosing lean meat, cut the fat off of meat and the skin off of chicken, try to grill meat and fish instead of frying and have a boiled or poached **eggs** instead of fried.

Try to cut down on processed meat such as sausages, bacon and cured meats.



## Oils and Spreads

Although some fat in the diet is essential, generally we are eating too much saturated fat and need to reduce our consumption.

**Unsaturated fats** are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.

Swapping to unsaturated fats will help to reduce cholesterol in the blood, therefore it is important to get most of our fat from unsaturated oils.

**Saturated fat** increases the low density lipoproteins (LDL) or 'bad' cholesterol in your blood which can lead to heart disease. E.g. butter, ghee, lard, cakes and pastries.

Remember that all types of fat are high in energy and should be limited in the diet.

### Foods high in **fat, salt and sugars**

This includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice-cream. These foods are not needed in the diet and should only be consumed infrequently and in small amounts.



## Hydration



Aim to drink 6-8 glasses of fluid every day.

Water, lower fat milk and sugar-free drinks including tea and coffee all count.

## Food labels

Can help you to choose between foods and to pick those that are lower in energy, fat, saturated fat, sugar and salt. Where colour coded labels are used you can tell at a glance if they are high, medium or low in fat, saturated fat, sugars and salt. For a healthier choice, try to pick products with more greens and ambers and fewer reds.



Eat a range of foods from the main food groups to make sure you have a balanced diet. Eat the right amount of food for how active you are. **Most of all – enjoy your food!**



## In summary, the main food groups that form a healthy, balanced diet are...

- Eat at least 5 portions of a variety of **fruit and vegetables** every day
- Base meals on potatoes, bread, rice, pasta or other starchy **carbohydrates**; choosing wholegrain versions where possible
- Have some **dairy** or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other **proteins** (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated **oils and fats** and spreads and eat in small amounts
- Drink 6-8 cups/glasses of **fluid** a day

*This information is taken from The British Dietetic Association (BDA) **bda.uk.com**. and **Public Health England** and is intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a dietitian. If you need to see a dietitian, visit your GP for a referral.*

## Eating tips for when you feel breathless and fatigued

- Rest before meals to save energy to eat.
- Use your oxygen during meals. If you use nasal cannula, wear it while you eat to give your body the oxygen it needs for healthy digestion.
- Match your meals to your energy level. If you tire later in the day, eat earlier. If you have something planned that will leave you fatigued, eat beforehand.
- If you struggle to eat and breathe, go for softer, moist foods that are easier to chew and swallow. Using a slow cooker or cooking casseroles tenderises foods, so you don't have to chew as much and eating and breathing is easier. You can also prepare these meals in advance at a time when you have more energy or are less fatigued.
- Breathing can sometimes become harder after eating a large meal. Try eating smaller meals and snacks more often.
- Don't fill up with fluids. Take small sips rather than large gulps.
- Where possible, avoid gas-causing food e.g. beans, onions, broccoli, cabbage, corn and carbonated drinks. Excess stomach bloating will reduce space for your lungs to expand.
- Take time when you eat.
- Eat in a relaxed environment and sit upright while eating and for up to half an hour after to make space for your lungs to expand.
- If you're losing weight without planning to or are struggling to eat enough, talk to your doctor who may refer you to a dietician.