

## Healthy Eating

### What is 'Healthy eating'?

#### **We've all heard of 'healthy eating' but how easy is it to achieve within our busy lives?**

Our individual eating habits are often formed over a long period of time. There is no one eating plan that is applicable to everyone - we all have different taste preferences and different lifestyles.

'Healthy eating' is all about achieving a diet that provides us with enough energy and nutrients to help our bodies function and to support our daily activity levels. Children and adolescents need extra nutrition to support their growth and development.

For a little more information about Healthy Eating click on the PDF icon:

#### **Are you getting the balance right?**

In order to maintain a healthy body weight it is important to balance the amount of energy we get from food with the amount of energy we use during the day.

#### **Sounds simple...**

It can be very difficult to achieve a balance between 'energy in and energy used'; over half of all adult men and women in the UK are now overweight showing just how difficult this balance can be to attain. Give your lifestyle a new direction and look for ways to achieve a healthy body weight by increasing physical activity and improving your eating pattern. Think about the pros and cons of making lifestyle changes. Are you ready to make the next step?

#### **Do I need to lose weight?**

Being overweight increases the risk of developing chronic illnesses such as diabetes, heart disease and some cancers. It is usually simple to tell if you need to lose weight just by looking in the mirror or by noticing what clothes size you are wearing. There are other ways of checking your body size, such as waist measurements and BMI (Body Mass Index). Although these methods can have drawbacks, they are good indicators for adults who suspect that they need to lose weight.

- If you are a woman with a waist measurement greater than 32 INS (80cm) or a man with a waist measurement greater than 37 INS (94cm) then you could benefit from losing weight.
- Body Mass Index measures weight to height ratio. If you have a BMI greater than 25kg/m<sup>2</sup> then you may want to consider losing some weight.

#### **What's in it for me?**

Achieving and maintaining a healthy body weight can contribute to a better quality of life in later years; however there are other benefits which may become apparent much sooner.

- Look good** - notice the difference as you drop a clothes size
- Feel great** - enjoy the success of achieving a weight loss goal
- Energy boost** - increase your fitness by eating for health
- Stay sharp** - keep hydrated and improve your concentration

#### **Useful link**

<http://www.bdaweightwise.com>