

> Why is it important?

If you are living with a long term health condition eating a well balanced diet and maintaining a healthy weight will help you manage your symptoms.

> How can it help?

• Type 2 diabetes

Maintaining a healthy weight and eating a diet that's low in saturated fats and high in fibre can help reduce your risk of developing type 2 diabetes and help you manage the condition if you have already been diagnosed.

• Heart Health

A diet rich in fruits, vegetables, whole grains and low fat dairy and low in salt can help to reduce your risk of heart disease and maintain healthy blood pressure and cholesterol levels.

• Arthritis

Maintaining a healthy weight helps reduce the strain on your joints.

• Osteoporosis

A diet rich in calcium keeps your teeth and bones strong and can help to reduce bone loss that occurs with ageing.

• Emotional wellbeing

Eating a nutritious diet can help us maintain our emotional wellbeing. In order to concentrate and focus our brain needs energy and this comes from the food we eat. If our diet is lacking in vitamins and minerals this can affect how we feel. For example, if we don't have enough iron in our diet we can feel tired and weak.

• Pain management

It's important for people experiencing chronic pain to eat a healthy, balanced diet. Our nervous system is able to dampen pain via our body's own pain relieving substance, endorphins. To function properly our nervous system needs certain nutrients.

Healthy Eating Tips



- Base your meals on starchy foods
- Eat lots of fruit and vegetables
- Eat more fish – including portions of oily fish
- Cut down on saturated fat and sugar
- Try to eat less salt – 6g max for adults per day
- Get active and try to be a healthy weight
- Drink plenty of water
- Don't skip breakfast!

Weight Management Tips

- Keep a food diary
- Follow the healthy eating guideline and Eat well Guide
- Cut down on saturated fats and sugars
- Consider your portion sizes
- Practice mindful eating
- Don't make weight loss the goal!
- Think about what has worked before.

Last reviewed January 2024

To contact Bromley Well call the Single Point of Access on **0808 278 7898** or direct Lifestyle Support lines **07985 431484 / 07985 444210** Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

> Other resources

Links to inline resources of information and advice to help you eat a healthy, balanced diet	Description
British Nutrition Foundation	National charity providing information about healthy diets, weight management and nutrition. Website contains information on the latest research, webinars, blogs and recipes.
The Association of UK Dietitians	Professional body for dietitians in the UK the website also includes a "Your Health" section with useful information for the public including Food Fact Sheets giving expert nutrition advice for particular health conditions.
NHS Live Well Healthy Eating	NHS guide to healthy eating packed with tons of information and advice. Includes advice on healthy eating, weight loss, vegetarian and vegan diet and eating disorders. Tools include a calorie checker, a BMI healthy weight calculator, a food allergies self-assessment and a 12-week guide to weight loss.
NHS Eat Well Plate	The NHS interactive eat well plate is an easy-to-use guide to healthy eating.
NHS Wellbeing Apps	Link to a page of NHS Wellbeing Apps including Easy Meals and Smart Recipes, a BMI calculator and Change4Life food scanner.

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