



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 long-term health conditions?

TYPE 2 DIABETES

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, low fat dairy and low in salt can help to reduce your risk of heart disease and maintain a healthy blood pressure and cholesterol levels.

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.

HEALTHY EATING TIPS



- 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!

To register with Bromley Well:

Freephone 0808 278 7898

Or register online:

www.bromleywell.org.uk/refer

Contact Lifestyle Support direct

07985 431484 / 07985 444210

or email

enquiry@bromleywell.org.uk



FURTHER RESOURCES

British Nutrition Foundation

www.nutrition.org.uk

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

www.bda.uk.com

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

www.nhs.uk/live-well/eat-well/

NHS Eatwell Plate

www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

NHS guide to healthy eating packed with tons of information and advice. Includes advice on healthy eating, vegetarian and vegan diets 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.

References: NHS Eatwell Plate www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/ NHS Balanced Diet www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/

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