How to contact us:

Write to:

Community Learning Disability Team
The Redwoods Centre
Somerby Drive
Bicton
Shrewsbury
Shropshire
SY3 8DS

Email CLDTShrops@mpft.nhs.uk

Telephone: 01952 457147

IN AN EMERGENCY

	Monday-Friday between 9.00am-5.00pm Please phone the Community Learning Disability Team on 01952 457417 Ask for your Nurse, Doctor, OT, Physio, SLT or Psychologist. If they are not there, ask for the Duty Worker. Someone will talk to you.
	On Saturdays, Sundays or Bank Holidays or if it is before 9.00 am or after 5pm: Medical problems call your G.P. (doctor) or NHS 111. Mental Health problems call the Access Team 0300 124 0365. Social Services call 0345 604 2886.
	If there is an emergency: If you or another person is very ill, please phone 999 and ask for 'Ambulance'. If you or another person is in danger, please phone 999 and ask for 'Police'. If there is a fire, please phone 999 ask for 'Fire Service'.

If you require this information in another language or any other format, please contact Customer Services on 01785 783023, or customer.services@mpft.nhs.uk

Adult Learning Disabilities

NHS
Midlands Partnership University
NHS Foundation Trust

The Adult Community Learning Disability Service



Eating Well

Why is it important to eat well?



Eating well is important to:

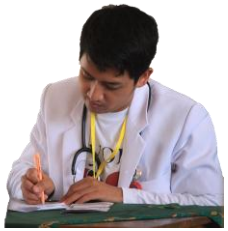
- Stay healthy
- Feel good
- Be able to move around without feeling out of breath.



If you don't eat well, you might feel:

- Tired
- Out on weight o lose weight
- Get ill easier.





A lot of illnesses are caused by unhealthy eating, for example:

- Heart disease
- Type 2 diabetes
- Some cancers.

What food should I eat?








There are five food groups:

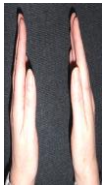
Carbohydrates

Fruit and Vegetables

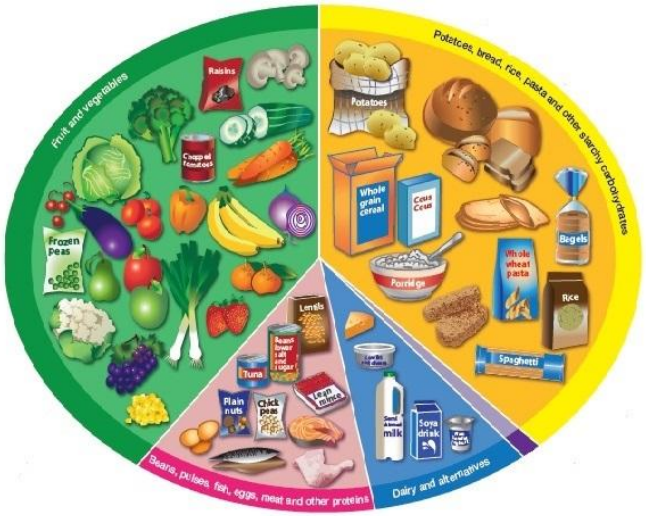
Protein

Fats

Dairy


We need to eat different amounts these five food groups.



Carbohydrates

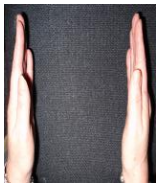






Foods that have carbohydrates in them include:

- Bread
- Pasta
- Potatoes
- Rice





1/3 of all the food you eat should be carbohydrates.







Some carbohydrates are better for you than others. For example, brown bread and pasta is better than white bread and pasta.





If you eat too many carbohydrates you might put on weight.
If you want to lose weight, try and east less carbohydrates.

Fruit and Vegetables







Foods that are vegetables include:

- Broccoli
- Carrots
- Peas
- Cabbage

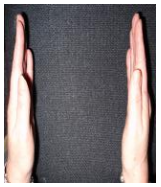
- Foods that are fruit include:
- Bananas
- Oranges
- Apples
- Kiwis







Eating a lot of fruit and vegetables is good for you.



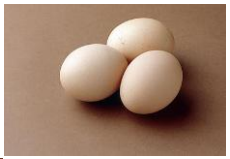


1/3 of all the food you eat should be vegetables and fruit.



Try to eat fruit or vegetables as snacks between meals.

Proteins



Protein foods include:

- Meat
- Fish
- Eggs
- Beans




You need less protein than carbohydrates and fruit and vegetables.



Protein is important as it helps your body repair itself.






Some protein food can have a lot of fat in it, such as red meat and bacon. Don't eat these every day.
Eating fish and white meat is healthier as it has less fat in it.

Fats





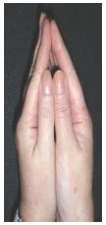
Some foods have fats in them that are good, for example:

- Nuts
- Olive oil
- Seeds




Some foods have fats that are not good, for example:

- Bacon
- Cake
- Fried food


You should only have small amounts of fats every day.



Eating less fats will help you keep a healthy weight.

Dairy








Dairy foods include:

- Milk
- Yogurt
- Butter
- Cream
- Cheese



Diary is food that is made from cow's milk.




You should have less diary foods than carbohydrates, fruit and vegetables.







Some dairy foods have a lot of fat in them, like cream, cheese, and butter. Eat less of these.

Some diary foods have less fats, like yogurts and low-fat milk. You can have more of these.

Vitamins and Minerals



Vitamins and minerals are important nutrients that the body needs in small amounts.



Vitamins and minerals help the body to keep healthy.




Fruit, vegetables and some types of meat have lots of important vitamins and minerals.





Sometimes when we don't get enough vitamins, we can take a vitamin tablet.
Talk to a healthcare professional if you are worried about not getting enough vitamins.

Drinks



Your body needs drinks throughout the day to keep moist.



You should have about 8-10 glasses of drinks a day.





Some drinks are better than others for you. Water and tea is better for you than sugary drinks, such as Coke, Fanta and Sprite.





If you like sugary drinks, try and only have one a day and have water for the rest of the day.

Keeping the right balance



When you eat more food than your body needs you will put on weight.





Reducing portion size can help keep a healthy weight.



You could try and only have one unhealthy snack a day, such as one chocolate bar a day.









The rest of the time you could have healthy snacks like:

- Fruit
- A yogurt
- A handful of raisins or nuts
- A bowl of low sugar cereal.