

EAT WELL & FEEL GOOD!

10 STEPS:

- Eat 5-a-day of fruit and veg
- Think variety - eat a rainbow
- Get portion size right for you
- Cook from scratch
- Reduce the salt and sugar that you add
- Cut down on saturated fats
- Alcohol and sugary drinks are high in calories
- Drink more water
- Handle food safely
- Take time to enjoy food with family and friends whenever you can

CHOOSE A POSITIVE CHANGE YOU CAN MAKE.

If you are thinking about making a major change to your diet consult your GP or specialised NHS services.

If you need ideas to get more active, visit: www.movemoresheffield.com/

Keep in touch with what is going on in Sheffield by visiting: www.sheffield.gov.uk/eatwell

GET SUPPORT!

If you are concerned that your diet is not helping your health get some support.

START WELL SHEFFIELD

For parents or carers of young children 0-5.

WHY WEIGHT SHEFFIELD

Healthy Weight Services
(Age 5+ through to adults)

SHEFFIELD HEALTH TRAINERS

HEALTH CHECKS FOR PEOPLE AGED 40+

GET INVOLVED!

Find out about cooking and growing activities in your local area.

For information on all of the above visit:
www.sheffield.gov.uk/eatwell

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Sheffield City Council
www.sheffield.gov.uk/eatwell



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EAT WELL & FEEL GOOD!

A guide to healthy eating

EatWellSheffield @SheffEatWell




THINK PORTION! EVERY DAY

6  **FISTFULS** 

5  **HANDFULS** 

2-3  **PALMFULS** 

2-3 **PORTIONS** **1 PORTION EQUALS 2 FINGERS OF HARD CHEESE, 1 SMALL GLASS OF MILK OR SMALL YOGHURT**

2  **THUMB TIPS** **SPREADABLE FATS PER DAY (NO MORE THAN THIS)**

THINK PERSON!

Children's portions = child sized hand!
Portion size information may differ for under 2s - speak to your Health Visitor.
Very active people may eat more.

THINK WATER! 

Aim to drink 6-8 glasses of fluid (ideally water) every day.

EVERY DAY-THINK VARIETY!

