

HEALTHY EATING

You can choose food to eat that can keep your body healthy.

Healthy food can taste good.

To lose weight you need to eat healthy food and exercise.

Every day you need to eat 3 meals.

You need to eat different types of food every day.

Every day you need to try to eat 2 pieces of fruit and 5 serves of vegetables.



You also need to eat protein foods like meat, chicken, fish, beans and eggs.



Also eat energy foods like whole grain bread and cereals or pasta.



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Make sure you have some foods like low-fat milk, cheese or yoghurt.



Try to drink water or low-fat milk.



You can eat healthy snacks like popcorn without sugar or butter, rice crackers, fruit, low fat yoghurt.

You can eat foods like chocolate, biscuits, cakes and soft drinks sometimes. They should not be eaten every day. These are foods that have lots of fat and sugar which can make you sick if you have too much. They also make you put on weight.

Try to choose foods that don't have a lot of fat or sugar in them.

It is better not to have more than 2 or 3 cups of tea or coffee a day.

You can talk to your doctor about how much food you should eat to stay healthy.

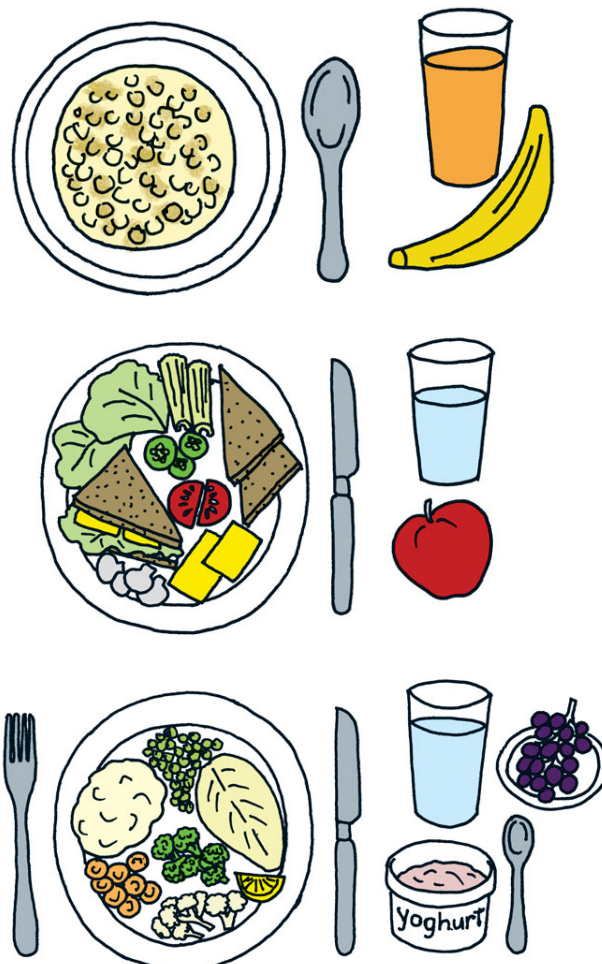
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Some people with health problems such as diabetes may need to have a special food plan. There are people called dieticians who can help you to learn about choosing foods that are right for you




If you are eating at a café or restaurant you can still choose foods that are healthy.

It is important to always eat breakfast. Try different foods like wholegrain toast, fruit, cereal, noodles or yoghurt to see what you like best.

It is a good idea to sit down to eat your meal. Sometimes, if you go to work or a day activity you might eat your lunch in a lunchbox. Some people might have meals like the pictures below.



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Where can you find out more		
NSW Council for Intellectual Disability Fact Sheets Easy English fact sheets on a range of health topics	 	9211 1611 or 1800 424 065 (calls outside Sydney) www.nswcid.org.au
Diabetes Education/ Healthy Eating University of Queensland site with easy read information about diabetes and looking after yourself.		www.som.uq.edu.au/ research/qcidd/ diabetes/people/ meals.html

Other fact sheets in this series you may want to read

ASKING QUESTIONS ABOUT YOU

BEING HEALTHY