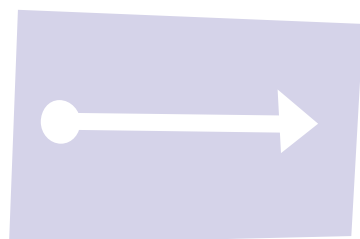
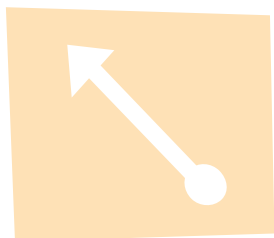


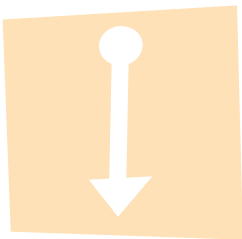
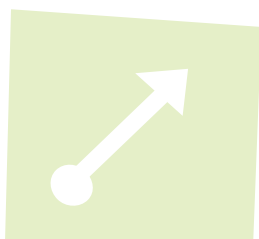
This resource has been designed for use by community and voluntary sector organisations. It aims to provide links to support and encourage the general public and groups they work with to adopt a healthier diet and lifestyle.



# Nutrition



# Resource

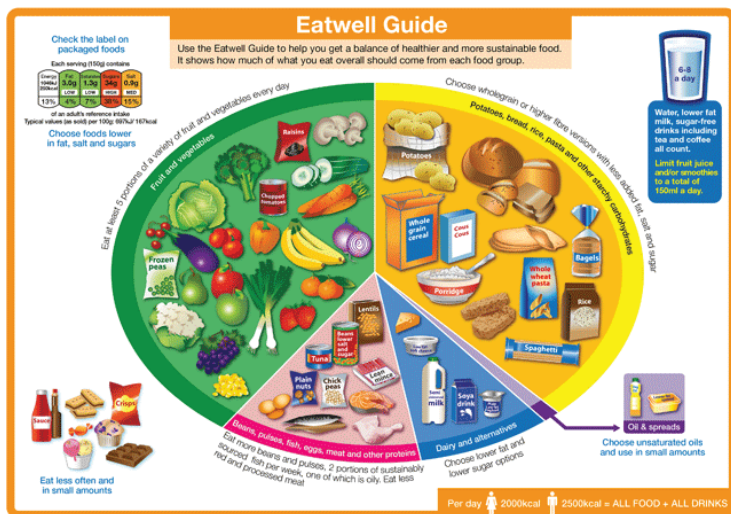


# Links

# Background Information

Eating well and having a healthy lifestyle can help us feel at our best and make a big difference to our long-term health.

A healthy balanced diet contains a variety of different types of foods, including lots of fruit and vegetables, starchy foods such as wholemeal bread and wholegrain cereals, some protein rich foods such as beans, pulses, fish, eggs and meat and some dairy foods and alternatives.



The Eatwell Guide is an illustration showing the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions are representative of food consumption over the period of a day or even a week, not necessarily each meal time. It applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin. It is not appropriate for children

under 2 as they have different nutritional needs. Anyone with special dietary or medical needs will need to check with a registered dietitian on how to adapt the eatwell guide to meet their individual requirements.

Special consideration is needed in advising children under 5, older people, pregnant, breastfeeding or trying for a baby on healthy eating and relevant resources are included in this document.

Click on any of the coloured icons  to go directly to the site.

## General Population • Healthy Eating

The Eatwell Guide.

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/551502/Eatwell\\_Guide\\_booklet.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551502/Eatwell_Guide_booklet.pdf)



Eat Well, Your Guide to Healthy Eating.  
Foods Standards Agency.

<https://www.food.gov.uk/business-guidance/the-eatwell-guide>



Enjoy Healthy Eating.

Public Health Agency (PHA).

[http://www.publichealth.hscni.net/sites/default/files/Enjoy\\_Healthy\\_Eating\\_09\\_17\\_0.pdf](http://www.publichealth.hscni.net/sites/default/files/Enjoy_Healthy_Eating_09_17_0.pdf)



Healthy Eating for all the Family.  
NHS Change 4 Life.

<https://www.nhs.uk/change4life>



Food Labelling.

British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/food-labelling-nutrition-information.html>



Healthy Packed Lunches,  
British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/healthy-packed-lunches.html>



Live Well, Eat Well - NHS.

<http://www.nhs.uk/Livewell/healthy-recipes/Pages/Healthy-recipes.aspx>



Choose to Live Better.

Public Health Agency (PHA).

<http://www.choosetolivebetter.com/content/healthy-recipes>



101 Square Meals.

Safefood.

[https://www.safefood.eu/recipes/101-Square-Meals-\(PDF\).aspx](https://www.safefood.eu/recipes/101-Square-Meals-(PDF).aspx)



## Weight Reduction

Eating and Drinking Well.

Public Health Agency (PHA).

<http://www.choosetolivebetter.com/content/eating-and-drinking-well>



Getting Active.

Public Health Agency (PHA).

<http://www.choosetolivebetter.com/content/getting-active>



Just 100 Calories Extra a Day.

Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/just-100-calories-extra-day-could-mean-10-lbs-weight-gain-year>



NHS Weight Loss Plan - NHS.

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>



Weight Loss: Food Fact Sheet.

British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/weight-loss.html>



Weight Concern.

<http://www.weightconcern.org.uk>



## Preconception

Folic Acid (PHA).

Public Health Agency.

[http://www.publichealth.hscni.net/sites/default/files/Folic\\_Acid\\_6ppA5\\_10\\_17.pdf](http://www.publichealth.hscni.net/sites/default/files/Folic_Acid_6ppA5_10_17.pdf)



Folic Acid: Food Fact Sheet.

British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/folic-acid.html>



## Pregnancy

Pregnancy Book.

Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/pregnancy-book-0>



Pregnancy.

NHS - Start 4 Life.

<https://www.nhs.uk/start4life/pregnancy/>



Pregnancy & Diet: Food Fact Sheet.

British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/pregnancy-diet.html>



Alcohol and Pregnancy. A Pocket Guide.

Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/alcohol-pregnancy-pocket-guide>



## Breastfeeding

Off to a Good Start.

Public Health Agency (PHA).

[www.publichealth.hscni.net/publications/good-start](http://www.publichealth.hscni.net/publications/good-start)



Breastfeeding - Good for Baby. Good for mum.

Public Health Agency (PHA).

<https://www.breastfedbabies.org/>



Breastfeeding. NHS - Start 4 Life.

<https://www.nhs.uk/start4life/baby/breastfeeding/>



Breastfeeding: Food Fact Sheet

British Dietetic Association (BDA)

<https://www.bda.uk.com/resource/breastfeeding.html>



Breastfeeding and Diet. NHS.

<https://www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-diet/>



## Babies and Children 0-5yrs

Weaning Made Easy - Moving From Milk to Family Meals.

Public Health Agency (PHA).

<http://www.publichealth.hscni.net/publications/weaning-made-easy-moving-milk-family-meals-english-and-translations>



Weaning. NHS - Start 4 Life.

<https://www.nhs.uk/start4life/weaning/>



Complementary Feeding (Weaning): Food Fact Sheet.

British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/complementary-feeding-weaning.html>



Getting a Good Start: Healthy Eating From One - Five.

Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/getting-good-start-healthy-eating-one-five-english-and-translations>



Birth to Five. Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/birth-five>



## Children of School age

START Your Kids on the way to a Healthier Life.  
SafeFood.

<https://www.safefood.eu/Start/Welcome.aspx>



Healthy Choices: Choose Wisely.  
Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/healthy-choices-choose-wisely-advice-parents>



Change 4 Life - Food Facts, Recipes and Activities.  
NHS - Change 4 Life.

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



Healthy Eating for Children: Food Fact Sheet.  
British Dietetic Association (BDA).

<https://www.bda.uk.com/resource/healthy-eating-for-children.html>



Healthy Breaks for Schools - a Guide for Parents  
and Pupils. Public Health Agency. (PHA)

<https://www.publichealth.hscni.net/publications/healthy-breaks-schools-leaflet-english-and-irish-translation>



Activity Record Book. Public Health Agency (PHA)

<http://www.publichealth.hscni.net/sites/default/files/It%20all%20adds%20up%20Booklet%202014.pdf>



## Older People 65 Years and Over

Ageing Well by Being Active Everyday.  
Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/ageing-well-being-active-every-day>



Older Adults.

British Nutrition Foundation.

<https://www.nutrition.org.uk/nutritionscience/life/older-adults.html>



Healthy Eating for Older Adults.  
NI Direct.

<https://www.nidirect.gov.uk/articles/healthy-eating-and-drinking-older-people>



Move with Mary. Exercise Programme. Age NI.

<https://www.ageuk.org.uk/northern-ireland/>



Healthy Eating. Age UK.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/>



## Miscellaneous

Vitamin D and you.

Public Health Agency (PHA).

<https://www.publichealth.hscni.net/publications/vitamin-d-and-you-0>



One you. Help to get Healthier and Feel Better.  
NHS.

<https://www.nhs.uk/oneyou>



Calculate Alcohol Units App

<https://www.drinkaware.co.uk/tools/app/>



## Further Information

If you would like any further information,  
please contact your local team:

**Northern Health & Social Care Trust**

Health Promotion Dietitians

**T: 028 2563 5601**

**E: [paula.marshall@northerntrust.hscni.net](mailto:paula.marshall@northerntrust.hscni.net)**

Cook it! Team

**T: 028 256 35276**

**E: [cookit@northerntrust.hscni.net](mailto:cookit@northerntrust.hscni.net)**

Braid Valley Hospital,  
Cushendall Road,  
Ballymena.

BT43 6HL

**[www.northerntrust.hscni.net](http://www.northerntrust.hscni.net)**



**Belfast Health & Social Care Trust**

Community Dietetic Health & Wellbeing Team

4th Floor,

Beech Hall Health, Wellbeing & Treatment Centre,

21 Andersonstown Road,

Belfast.

BT11 9AF

**T: 028 9504 3068**

**E: [cdhwteam@belfasttrust.hscni.net](mailto:cdhwteam@belfasttrust.hscni.net)**

**[www.belfasttrust.hscni.net](http://www.belfasttrust.hscni.net)**



## Further Information

### Southern Health & Social Care Trust

Cook it Team  
Haven Close,  
Villa 1,  
St Lukes Hospital Site,  
71 Loughgall Road,  
Armagh.  
BT61 7NQ

**T: 028 3756 4544**

**E: [Cookit@southerntrust.hscni.net](mailto:Cookit@southerntrust.hscni.net)**

**[www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)**



### South Eastern Health & Social Care Trust

Community Dietitians  
Dietitians Hub Office,  
Lagan Valley Hospital,  
39 Hillsborough Road,  
Lisburn.  
BT28 1JP

**T: 028 9041 1797**

**E: [training.dietitians@setrust.hscni.net](mailto:training.dietitians@setrust.hscni.net)**

**[www.setrust.hscni.net](http://www.setrust.hscni.net)**

### Western Health & Social Care Trust

Community Food and Nutrition Team  
Health Improvement Department,  
Maple Villa B,  
Gransha Park,  
Clooney Road,  
Londonderry.  
BT47 6WJ

**T: 028 7186 5127**

**E: [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)**

**[www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)**



This resource has been developed for regional use by the Western Health & Social Care Trust, Health Improvement, Equality and Information Department, Community Food & Nutrition Team.