



Keeping well



This guide tells me about the different types of food I should eat every week and ways to keep well. **If I am on a special diet I should not use this guide.**



Golden Lane Housing

working in partnership with  mencap

Bread, other cereals and potatoes



I should eat more:

bread, potatoes, noodles, breakfast cereals, pasta, rice, oats, beans and pulses.

*** What are in these foods?**
Carbohydrates, starch, fibre, calcium, iron and vitamin B.

*** How do these foods help me?**
They give me energy.



Fruit and vegetables

Eat 5 portions a day



I should eat more:

fresh, frozen, tinned fruit and vegetables and dried fruit.

*** What are in these foods?**
Vitamin C, other vitamins, fibre, minerals and carbohydrates.

*** How do these foods help me?**
They are good for all of my health.



Meat, fish and other things



I should eat some:

meat, poultry, fish, eggs, nuts, beans and pulses.

* **What are in these foods?**
Protein, iron, vitamins, zinc and magnesium.

* **How do these foods help me?**
They are good for the growth and repair of my body.



Milk and dairy foods



I should eat or drink some:

milk, cheese, yoghurt and fromage frais. Cut down on the fat by choosing the lower fat types.

* **What are in these foods?**
Calcium, protein, vitamin B12, vitamin A and D.

* **How do these foods help me?**
They help me to have stronger bones and teeth.



Food with a lot of fat and sugar



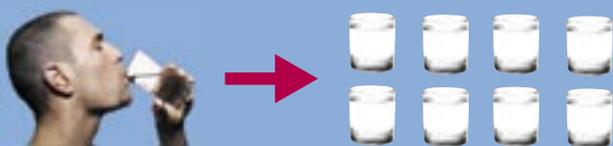
I should only eat or use small amounts of:

margarine, butter, lard, cooking oils, mayonnaise, cake, cream, chocolate, crisps, pastry, puddings and ice-cream. Cut down on the fat by choosing the lower fat types.



*** What are in these foods?**
Fat, some essential fatty acids, some vitamins, sugar and salt.

*** It is good to have a treat sometimes!**



Drink 1.2 litres of water a day.
This is about 6-8 glasses of water.

Do some exercise



Eating well and doing exercise will help me to keep healthy. I should do enough exercise for the amount that I eat. It is good to do some exercise every week.

Some of the pictures are by Photosymbols and Golden Lane Housing.
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