



## Diet and Eating Healthily

**Whether you want to lose or gain weight, we are all different and what works for one person may not be healthy for you.**

This is why following a diet that you've seen on the internet or social media can be dangerous.

Drinking enough water and balancing what you eat with a few hours light exercise (preferably outdoors!) each week is essential to keeping healthy.

### Some examples of light exercise are;

- **Walking**
- **Jogging**
- **Cycling**
- **30-40 minutes in the gym**
- **Football with friends**
- **Swimming**

Things like counting calories look great on paper, but often become very complicated day-to-day. A better way of managing what you eat is simply to look for generally healthier foods.

**We're here. Isle Listen.**

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Here are a few ideas to get you started:

## Dairy

**Low or Non-fat Greek yoghurt.** Greek yoghurt contains almost double the protein of regular yoghurt and is a great source of calcium. Try to buy plain and add your own fresh fruit to taste.

**Semi Skimmed Milk.** All the benefits of regular milk, but less fat.

**Soy Milk.** Soy is a great source of low fat, plant-based protein.

## Grains

**Brown rice.** This is one of the healthiest whole grains available, it's low calorie and unlike white rice, it contains large amounts of protein and fibre.

**Quinoa.** This also has all the benefits of brown rice.

**Wholegrain Bread.** Contains much more fibre and vitamins than white bread. It's also easier to digest.

## Meat/Protein

**Grass Fed Beef.** We are fortunate to have access to a large variety of free range meat. Although eating red meat every day is not recommended, it contains lots of protein and is worth eating a couple of times a week if you choose.

**Chicken.** A classic low fat/high protein meat that is easier to digest than red meat.

## Snacks

**Homemade Popcorn.** Not just healthy but satisfying and fun to make! Just be sure not to add too much salt/sugar/fat.

**Fresh Fruit and Vegetables.** Vegetables should accompany both lunch and dinner. Fruit is a great way to get fibre and vitamins. It's also much healthier than snack bars!

## Sides

**Leafy Greens (Spinach/Kale).** An amazing source of iron and other minerals. Adding just a little bit of unsalted butter when cooking is a great way to make it tastier!

**The NHS have some great resources to help you make informed choices about what and how much you eat.**

