

## The Highland Food Plate



The picture above shows a variety of 'everyday' food. This means foods such as fruit, vegetables, bread, protein, etc, that we may eat every day. There are other foods that we do not need so often. We call these 'sometimes' foods. They may be foods which are high in sugar or fat.

Your plate does not need to look like this every meal. Eating each of these groups everyday will help you feel good, have energy, and participate in life.

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## Everyday Eating for Health & Wellbeing



PUBLIC  
HEALTH



**This guide has been designed to help you eat well for a healthy weight.**

A healthy body is one that, whatever shape, size or weight, feels good, has enough energy and can participate in life.

Most people will be at a stable weight. If your weight goes up or down for no reason then this could be cause for concern, and you should see your GP.

Your weight may go up and down from attempts to lose weight. This weight yo-yoing is not good for your health. It is better to be a stable weight by following healthy habits.

Many people spend a lot of time, effort and money on trying to lose weight.

Rather than 'dieting' think about other changes that you might like to make.

There may be other factors which affect your weight, e.g. age, income, where you live, access to services, medication, family history, weight history, medical history, illness, stigma, previous attempts to lose weight

Larger people are often stereotyped as not bothering about their health and given other negative characteristics.

Everybody deserves respect, whatever their size, shape, fitness level, health status, eating patterns, etc.

### What you eat

- Nourish yourself – you're worth it!
- Have more vegetables, fruit, oily fish, nuts and seeds.
- Try more fibre foods – wholemeal bread, peas, beans and lentils.
- Switch to rapeseed or olive oil.
- Have less red and processed meat.
- Have less sugar and salt.
- Drink about 2 litres of water per day.
- Base most of your diet on unprocessed foods.
- Try new foods when you can.

### Regular physical activity

- Take small steps to find enjoyable ways of moving.
- Stretching and relaxing your body will help build a sense of vitality.
- Too often the missing ingredient in active living is fun!

### How you eat

- Eat when you are hungry and stop when you are full.
- Eat regularly, but avoid grazing.
- Recognise when you are eating for comfort.
- Eat with family and friends when you can.
- Only drink alcohol within the recognised limits.
- Build good self worth, self care and body respect.
- Plan your food and make a shopping list.
- Take time to cook when you can.
- Share recipes and cooking tips with others.
- Be wary of food advertisements and marketing.

You can find support to manage your weight on the NHS Highland website <https://bit.ly/2rEdd6G>