

Healthy eating

Conducting client consultations to support positive behaviour change

***Eatwell Guide* – healthy eating advice**

1

- Base your meals on starchy carbohydrates

2

- Eat lots of fruit and veg (at least 5 portions per day)

3

- Eat more fish – two portions, including 1 portion of oily fish

4

- Cut down on saturated fat and sugar

5

- Eat less salt – no more than 6g a day for adults

6

- Get active and be a healthy weight

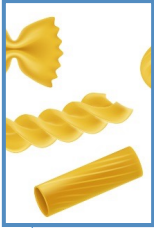
7

- Maintain healthy hydration levels (drink 6-8 glasses of water every day)

8

- Don't skip breakfast

Energy requirements



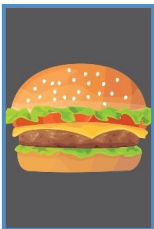
Carbohydrate

- 4 calories/gram



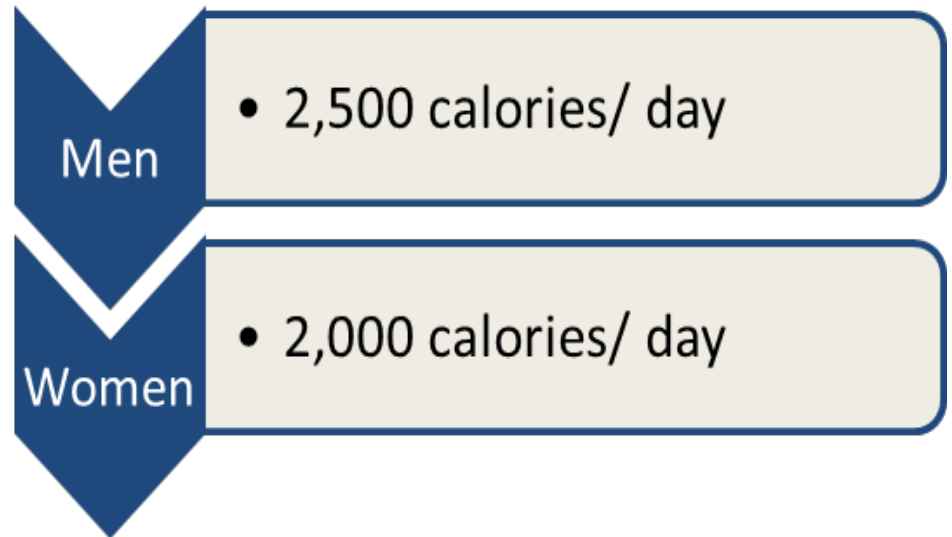
Protein

- 4 calories/gram



Fat

- 9 calories/gram



Energy balance

Balanced weight



Energy consumed

Energy expended

Weight gain



Energy consumed

Energy expended

Weight loss



Energy consumed

Energy expended

Research some nutrition facts

- Grab some key facts from your manual that would motivate your clients towards better nutritional choices
- Consider hydration (water)
- High fat and sugary snacks
- Alcohol consumption (recommended units)
- Add to your consultation folder