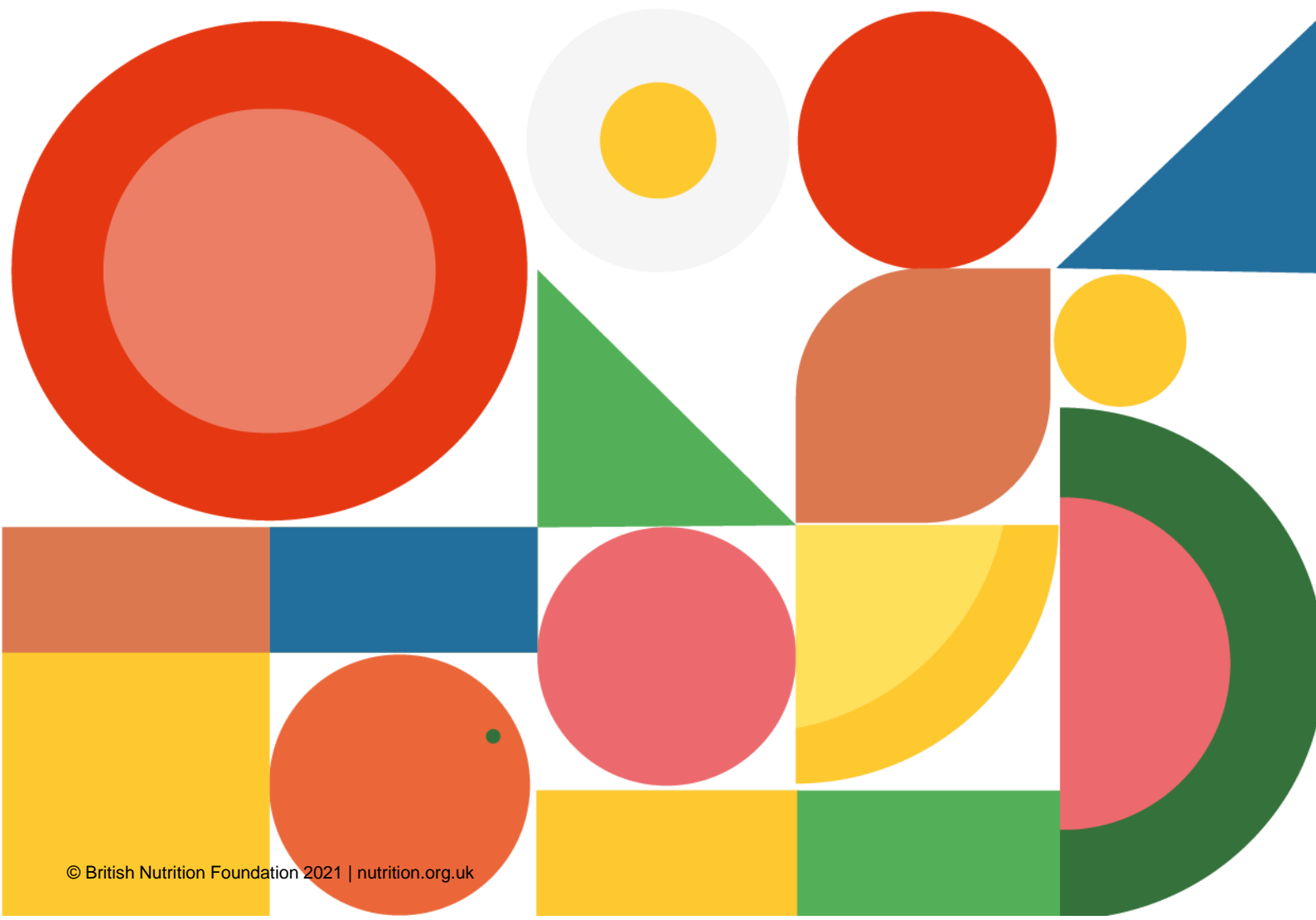


# Healthy Eating Week

Find your **healthier** you

*Individuals in different settings*



# Welcome to the week

The British Nutrition Foundation's Healthy Eating Week is all about '*Find your healthier you*'. We are encouraging everyone to reflect on their lifestyles and look to make improvements to enhance their own health and wellbeing – particularly around what they eat and drink. There's no 'one size fits all' approach – so we are providing information and tools to help tailor healthier eating for you, your family and friends.

This guide provides inspiration around what you can do from home this week – whether it is just you taking part, or whether you have friends or family joining in. There's a number of activity ideas, as well as lots of links to supportive information and guidance.

**'Find your healthier you'** is supported by five themes across the week:

- Know the facts;
- Make a healthier choice;
- Plan for success;
- Be the chef;
- Keep moving.

On pages 3 to 7, you'll find a range of activities and links to information to help you create your very own Healthy Eating Week.

## Get organised

- Put the date in the your diary.
- Put some time aside during the week.
- Download the [trackers](#) for the week – there's one for [adults](#) and [kids](#).
- Set goals for the week.
- Let friends and family know – get them involved in your week and set challenges between you.

**Over the next few pages you'll find lots of activity ideas and links to resources to support your Healthy Eating Week. There's also some suggestions to 'keep it going' in the longer term. Good luck!**

# Monday: Know the facts

**We're focusing on the basics of healthy eating, busting the myths and giving practical advice. It's all based on the latest evidence, to help you make a difference.**

## Quick wins

- Complete the [healthy eating quiz](#), to see where you need to improve.
- Download and use the [Find your healthier you tracker](#) for the week.
- Display the [Know the facts poster](#) – share with friends and family and encourage them to get involved.
- View and share the [Know the facts video](#).
- Watch the live [Find your healthier you webinar](#) on Monday 14 June, at 1pm.
- Use the [Healthy Eating Week Teams/Zoom background](#), helping to raise the profile of the week.

## Activities and ideas

Here's a few ideas for what you could do to know the facts ...

### Eat well – Choose a wide range of healthier foods in the right proportions

The UK healthy eating model is called the Eatwell Guide – it shows the balance and variety of foods that make up a healthy diet – you can find out more [here](#).

- Learn about what makes up a healthy, balanced diet and use this information to plan your meals – [click here](#). Find out more about the UK's healthy eating guide - [click here](#). There's a [video](#) too.
- Print and display the [Eatwell Guide poster](#) - it shows the balance and variety of foods that we need to have.
- You may have heard about the importance of immunity during COVID. Why not check out these [guides to nutrition and immunity](#)?

### Drink plenty - Have at least 6-8 drinks a day

It's important that we have around 6-8 drinks a day.

- [A healthy hydration guide for adults and teenagers](#) – print and stick on your fridge to help make sure you stick to the healthier options!
- Focus on alcohol and drinking – share this factsheets on [the health effects of alcohol](#).

### Increase your fibre - Make sure you get your 5 A DAY and eat more wholegrains

- [Have more wholegrains](#) – follow these tips to get more wholegrains in your diet, and learn about why eating more wholegrains is important.
- [General information on fibre](#) – learn more about why fibre is important in the diet, and watch the short video to take your learning further.
- [Get your 5 A DAY](#) – learn why eating fruit and vegetables is important for your health and follow the top tips to make sure to get your 5 A DAY.
- [Fun way to fibre](#) – put the fun way to fibre poster up in the kitchen/tea room to help learn about how to make healthier swaps with fibre.
- Learn about ways to have 5 A DAY and wholegrains as snack, and make healthier choices by reading through the [Healthier snacking webpage](#).

# Tuesday: Make a healthier choice

Tips and tools are shared to help you make better choices. From reading food labels and getting to grips with portion sizes, there's a range of handy pointers to help you on your journey.

## Quick wins

- Display the [Make a healthier choice poster](#).
- View and share the [Make a healthier choice video](#).
- Have a wholegrain option with breakfast, lunch and/or dinner.
- Have at least 5 fruit and veg today – and everyday!
- Keep a water bottle or drink with you throughout the day so you can stay hydrated.

## Activities and ideas

Here's a few ideas for what you could do to make a healthier choice ...

### Read the label - Compare nutrition labels to make healthier choices

Use labels to make healthier choices

- [Looking at nutrition labels](#) – use this guide to help understanding of nutrition information on food labels to help make healthy choices when shopping.
- [Food labels](#) – learn how to make healthier choices by looking at food labels by reading through this information before you go shopping.

### Get portion wise - Choose the right size portion for you

- [Get portion wise](#) – Learn more about the importance of portion sizes and take a look at our portion size lists, perfect to help adults plan their meals. If you have young children, share the 5532 portion size for [preschool children](#) too!
- Challenge yourself to think about portion sizes by comparing the portions you would normally eat compared with portion guidance on a packet. For example, they could pour breakfast cereal in a bowl and weigh the amount – then compare to portion stated on the cereal packet.
- Review the links to these useful flyers:
  - [Find your balance – 1 page guide](#);
  - [Find your balance booklet](#);
  - [Full portion size list](#).

### Make super swaps - Go for lower salt, fat and sugar options

- Check out our [Healthy lunches](#), [snacks](#) and [healthier snacking while at home](#) resources to support.
- [Quality calories](#) – it's not just how much we eat, the quality of our diet is so important, so you can use this resource to help your calories go further. There's also a version looking at money, with the [quality calories on a budget resource](#).

# Wednesday: Plan for success

**Making a plan and keeping track of what you do can all help in changing your behaviour for the better. Small changes can result in big gains too when planning meals and snacks, and eating out – and perhaps also save the pennies.**

## Quick wins

- Display the [Plan for success poster](#). View and share the [Plan for success video](#).
- Plan your meals, and snacks, before you go shopping. This can help with budgeting, but also with making healthier choices.
- Plan some time into your day for exercise, this could be deciding to walk home from work once a week or organising time to go for a run or play a sport.

## Activities and ideas

Here's a few ideas for what you could do to plan for success ...

### Plan ahead - Make a food plan for the week and keep it varied

- Use the [Weekly meal planner](#) to help plan what you could eat during the week and stick this up in their kitchen at home. You can share this [example 7 day meal planner](#) for support and inspiration.
- [Small changes, big gains](#) – learn about how behaviour change can support making healthier choices. Use this to plan to modify different aspects of your life to support healthier living.
- [Try, swap & change planner](#) – use this to make a change by planning healthier life swaps and opting for changes they can stick too with the support of this planner.
- [Eat Well - behaviours to help](#) – set targets and work with buddies to make healthier changes to their lifestyle.
- [What about eating outside the home?](#) – now restaurants and coffee shops are open, make sure to opt for healthier options.

### Track your progress - Set goals and track how well you do

- Display the [HEW trackers](#) to encourage everyone to fill out how well they are doing. Why not offer some healthy prizes for those who do well? There are [hydration](#), [5 A DAY](#) and [activity trackers](#) to support.
- [A family Eat well tracker](#) – stick on the fridge and work through with your family!
- Have kids? Why not get them to use the [Healthy Eating Week tracker](#) just for them?

### Change your normal - Small changes can help you achieve your goals

- Getting lunch? Check the front of pack nutrition labels for those with mostly 'greens' and 'ambers'. It's also a chance to try something new!
- If you are getting back to work, consider active travel and investigate a walk or cycle to work scheme. If you are working at home, include a walk during your working day and to take regular breaks from sitting.

## Other considerations

- [Healthy eating on a budget](#) – check out these top tips on healthy eating on a budget. Take a look before you go shopping, and plan your meals! [QC on a budget](#) - use these budgeting tips and swaps to make healthy meals at a lower cost.

# Thursday: Be the chef

**Pulling together healthy eating know-how with practical cooking tips can help you make tasty, healthier dishes/meals. Healthier cooking tips will be given, with recipes and ideas for inspiration.**

## Quick wins

- Display the [Be the chef poster](#). View and share the [Be the chef video](#).
- Plan to cook from scratch at least once a week. You could get family or friends involved, to help learn new recipes and skills.
- Try new recipes! Rather than going for the tried and tested, challenge yourself and try something new. You can get friends and family involved by sharing recipes with each other.

## Activities and ideas

Here's a few ideas for what you could do to be the chef ...

### Get cooking - Encourage a love of cooking

- Find a new recipe each day of the week and make it. Why not take a snap and share pictures with friends and families.
- Watch a chef demonstrate some cooking skills online – learn something new.
- Cook something special to celebrate the week!

### Cook healthier - Make healthier meals by changing ingredients and the way you cook

- Use these tips on how to modify meals to make them healthier. Top tips include making healthier swaps (e.g. go for wholegrain), swapping for reduced salt/fat/sugar versions, adding fruit and veg to meals, and/or changing the cooking method (e.g. grill or bake, don't fry).
- Check out our six healthier cooking videos – why not try the recipes?

### Be inspired - Use recipes and tips from friends, and share your success

- Get creative and cook recipes from around the world. They might be from different traditions, celebrations and religions, or somewhere you've been on holiday! You could use a world map to plot the recipes.
- Share a family favourite recipe – it might have been 'handed down' though the family, or just something that everyone enjoys together. You could even create a recipe montage!
- [Low energy density recipes](#) – complement what you learnt about energy density in 'know the facts' section and try a series of low energy density recipes. Try our [Made with love, shared with](#) love recipes – follow these recipes with your children and discuss the importance of sharing food and cooking for others.

## Recipes

There's lots of places to find recipes. As a guide, look for recipes that have plenty of fruit and veg, don't add salt and use wholegrains. When serving, think about the right portion size.

Here's are a few links to recipes available on our BNF Healthy Eating Week supporter sites, and from other sources:

- [BBC Good food](#)
- [BHF recipe finder](#)
- [Change for life recipes](#)
- [Food – a fact of life recipes](#)
- [Love potatoes](#)
- [Love pork](#)
- [Old El Paso](#)
- [Green Giant](#)
- [Simply been and lamb](#)
- [Waitrose recipe ideas](#)

# Friday: Keep moving

**It's not just about what you eat and drink. Moving more, by being active, has many benefits for health and is an important part of a healthier lifestyle.**

## Quick wins

- Display the [Keep moving poster](#). View and share the [Keep moving video](#).
- Fit activity into your daily life. A quick win could be walking rather than driving on short journeys.
- When sitting for long periods, such as watching TV or playing computer games, stand up and stretch or walk around once every half an hour.
- Go for a walk when making phone calls.

## Activities and ideas

Here's a few ideas for what you could do to keep moving ...

Get active - Find ways to be more active everyday

- [Incorporating activity into daily life](#) – read through this information for some inspiration and ideas to help you move more!
- [What are the recommendations?](#) – learn about the recommendations for adults, children and older adults and what activities can help you towards meeting them.
- [Getting active together](#) – learn about the added benefits of getting active with others, and get inspired to try something new!

## Get on track - Follow the physical activity recommendations

- [Get active tracker](#) - to help your family track their progress in completing the challenge. You can stick it up in your house and tick off the days you were active.
- Step in line! Set a goal for how many steps you are doing per day and track your progress. If you are hitting your goal easily, set a challenge to go further!
- Hourly movement challenge! Challenge yourself and others and create a 2-minute set of movements to be completed each hour (or two) during the *Keep moving day*! You could dedicate the moves for each hour to a certain part of the body or create a short routine for all the body and be repeat it each hour. Why not meet on a video call to do the movements together with others?

## Keep it fresh - Stay motivated by trying new ways to be active

- If you love getting active and want to learn how what you eat can support activity, register for our online training course [Sport and exercise nutrition](#)!



# Beyond the week

## Keep it up!

Once the week is over, let's keep up the good work and use what we've learned and done.

Consider what worked well and see if you can make this a normal part of everyday work.

Here are eight ideas to sustain '*Find your healthier you*' now and in the future:

1. Take note! Remind yourself about the key messages from the week and take note of any messages that you feel would best support you moving forward.
2. Has planning and tracking helped? Then keep the [trackers](#) up in your house. Pick the one that's most helpful and keep in on your fridge.
3. Plan for change! If there was a new activity, healthy recipe or positive change you made throughout the week keep it up! Make a plan to fit it into your life.
4. Shop smart. Take the healthy eating week messages you learnt during the week into your shopping, and don't forget to plan ahead and compare labels.
5. Share with others! Think of three things you have learnt this week and share with someone else. If you have been tackling the week with others, you can share your week's top tips with each other.
6. Take your learning further. Go that extra mile and complete one of our [online courses](#). You can learn more about a subject that interests you, and complete the course in your own time and at your own speed.
7. Make healthier nudges. This could be keeping a fruit bowl where you work from home, carrying a water bottle around with you or starting to increase your active travel.
8. Keep it up! However you tackled the week's challenges, making healthier choices is always beneficial. So, keep up the focus on healthy living in the future.

You'll also find lots of information and support at [www.nutrition.org.uk](http://www.nutrition.org.uk) – good luck!

## Other useful sources of information

### Healthy Eating

British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)

NHS Eat Well <https://www.nhs.uk/live-well/eat-well/>

Food Facts British Dietetic Association <https://www.bda.uk.com/food-health/food-facts.html>

Change 4 life Healthy Eating <https://www.nhs.uk/change4life>

British Heart Foundation <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>

Diabetes UK <https://www.diabetes.org.uk/>

### Physical Activity

Change 4 life Activities <https://www.nhs.uk/change4life/activities>

Couch to 5K <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Get active with a disability <https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

Activity ideas for older adults <https://www.goldencarers.com/exercise/>

### Mental health and wellbeing

Every mind matters <https://www.nhs.uk/oneyou/every-mind-matters>

Mind <https://www.mind.org.uk/>

Charlie Waller Memorial Trust <https://charliewaller.org/>



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