

Eating Healthily

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Eating Well

Information on the NHS website about [nutrition and a healthy balanced diet](#).

Eatwell Guide

[The NHS Eatwell guide](#)

8 Tips for Healthy Eating

1. Base your meals on starchy carbohydrates
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish
4. Cut down on saturated fat and sugar
5. Eat less salt
6. Get active and be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast
9. More information

Healthy Breakfasts (for people who hate breakfast...)

[Breakfast ideas, tips and recipes](#)

Healthy Body Weight

[Visit the NHS Live Well webpages](#) to:

1. Calculate your BMI
2. Losing or gaining weight healthily
3. Sources of support

NHS Weight Loss Plan

The NHS [helpful weight loss plan webpages](#) can give you the structure you need when it comes to losing weight

12 tips to help you lose weight on the 12-week plan

Get off to the best possible start on the [NHS 12-week weight loss plan](#) with these [12 diet and exercise tips](#).

Weight Loss Tips

An [inspirational weight loss story](#) on the NHS website, with hints and tips

The links above are for general information (and action!)

Please contact your GP if you're worried about your health or wanting to start a new health regime.

To invest in the health and wellbeing of your staff, please contact Lynn.Murphy@southampton.gov.uk

www.southampton.gov.uk/wellbeingatwork