



Healthy  
Cornwall

Learning  
Disability  
&  
Autism Team



Healthy Eating



It is important to have a healthy diet. A healthy diet will help to keep you well.



You should try to eat 5 different fruits and vegetables every day.



Try to eat wholegrain foods like, brown bread, brown pasta and brown rice.



If you eat meat, choose low fat meat like chicken and turkey.

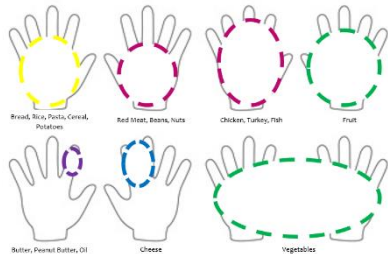
# Healthy Eating



Fish is very good for us. Fish is low in fat, high in protein and full of healthy oils.



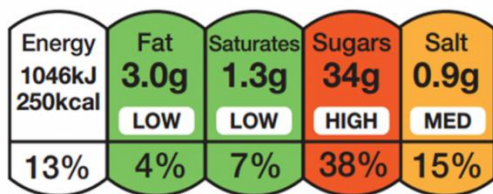
Choose low fat dairy foods like, green or red top milk and low-fat cheese and yoghurts.



Use your hands as a guide to choose portion sizes.



Avoid high fat, high sugar foods like sweets, biscuits, chocolate and cake.



When shopping for food, use the food traffic lights. Avoid foods that have RED on their traffic lights.



Drink



Try to drink 6 to 8 glasses of water every day.

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