

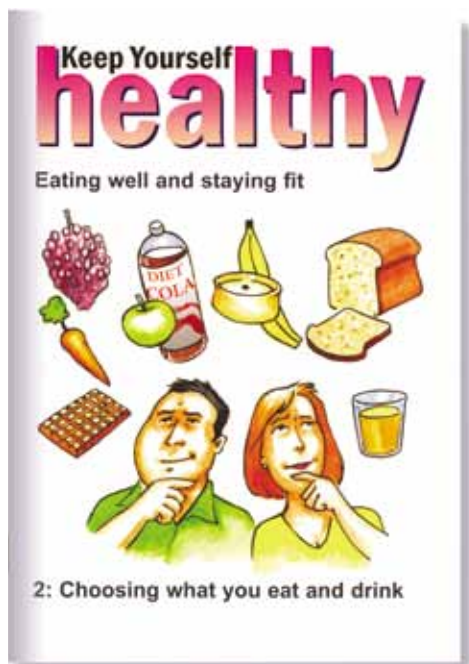
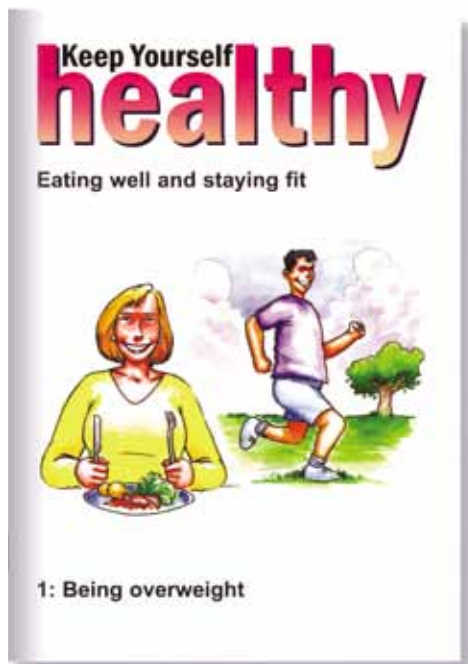
# Keep Yourself healthy

Eating well and staying fit



## 3: Planning your meals

# Also in the Eating well and staying fit series:



**Booklet 1: Being overweight**

**Booklet 2: Choosing what to eat and drink**

**It's best to read these before reading this booklet.**

**This booklet will tell you why it is good to plan your meals.**



**breakfast**



**lunch**



**dinner**

**It is important to try to eat three regular healthy meals every day. This helps you to feel better, think better, and look good.**

# Planning your meals



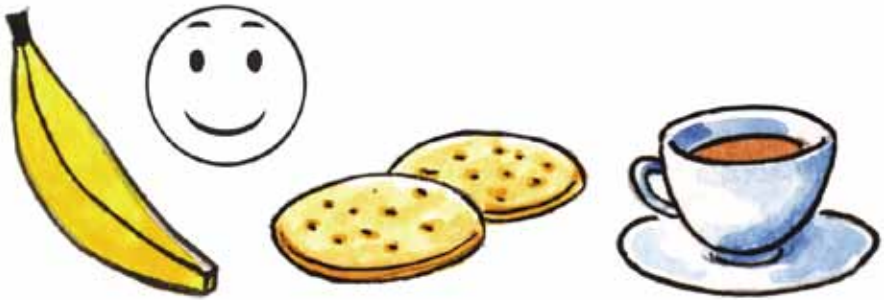
**It is good to sit down once a week to decide what you want to eat every day. You can ask a friend, support worker or family member to help you with this.**



**Remember, it is good to choose different meals each week so you don't get bored with eating the same thing all the time. Make a list of all the food you will need.**

# Snacks

It is best if you try not to eat between meals. Eating between meals is called a snack. If you do like to have a snack between meals it is best to plan your snacks and choose something healthy.



Snacks like a piece of fruit or plain biscuit with a drink are better for you.



Snacks like donuts, chocolate, crisps and chocolate biscuits are not good for you.

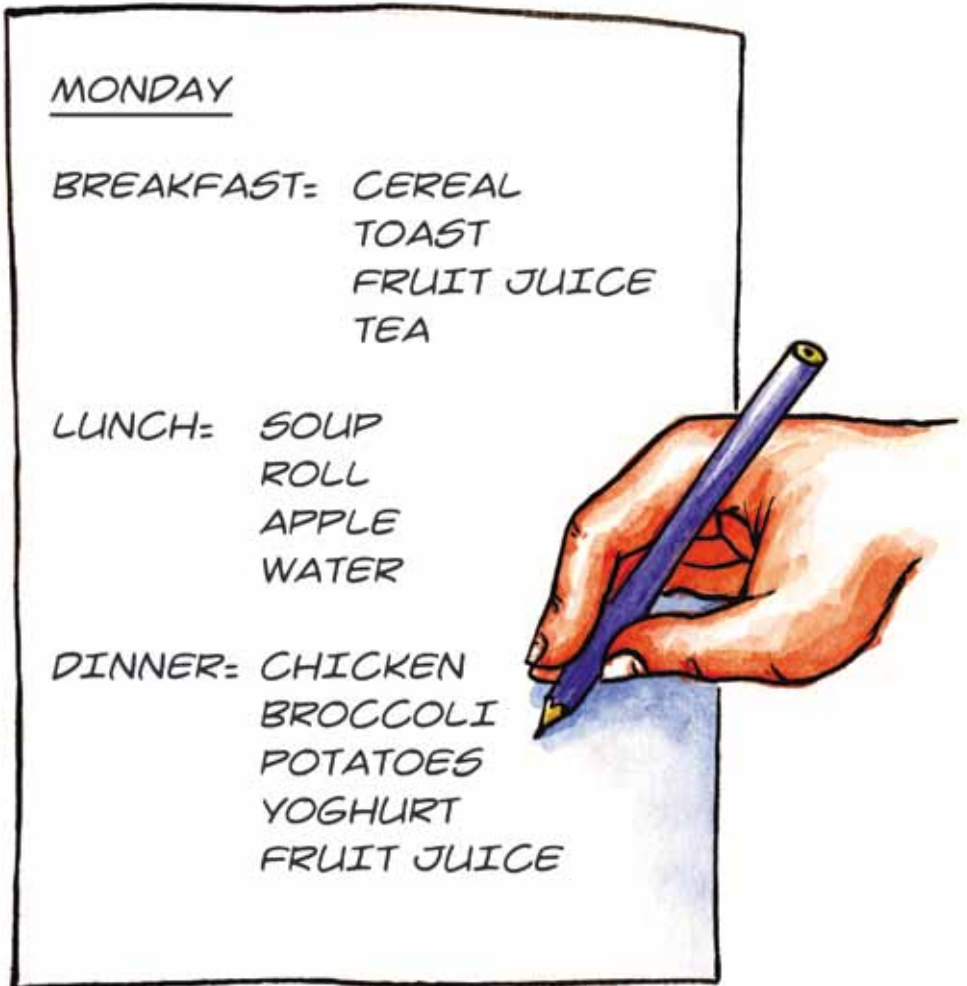
# Drinks

It is good to have a drink between meals. Drinks can have a lot of sugar in them, so you need to make good choices.



# Making a shopping list

From the foods and snacks that you have chosen for the week, make a list with words or pictures of all the food and drink you need to buy.



# Going shopping

When you are shopping for food, it is important to buy just the right amount of food that you need.





**Buying more food than you need is not always good. You might eat it all and put on weight, or it might go off and you might have to throw it away. It costs more money too!**



**Sometimes supermarkets have special offers on food, like 'buy one, get one free' or multi-packs. These offers are not good if you don't need the extra food or drink.**

# Shopping tips



- Remember your list.
- Only buy what's on the list.
- Don't go shopping when you are hungry.
- Choose foods which are low in fat, sugar and salt, such as low fat spread instead of butter. See booklet 2: **Choosing what you eat and drink** for more on this.
- Try to shop once a week.
- Check the 'use by' dates.

# Shop once a week

It is good to shop for food and drink just once a week.

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
			SHOPPING DAY!			



If you shop for food every day, you might buy food that you don't need.

# Eating out and take-aways

Everybody likes to eat out sometimes, or get a take-away. Meals out and take-aways are a treat and should only be for special times.



Make good choices when you are out, like salmon, chicken, pasta, baked potatoes, salad and sandwiches.

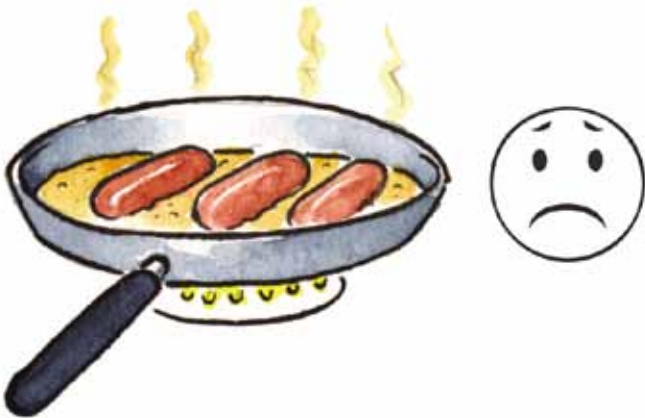


Don't choose chips, fried food or pizza and remember that puddings have a lot of sugar and fat in them.

# Cooking your food



**It's best to cook your food by grilling, boiling, microwaving and baking.**



**Frying food in oil or batter is not good for you. The extra fat will make you put on weight and damage your heart.**

**Make good choices when you plan, buy and cook your food, or when you eat out and get a take-away. This will help to make sure you are fit and healthy.**



**Planning your meals better will help you to keep healthy for the rest of your life!**



FAiR in association with Community Nurses  
for People with Learning Disabilities,  
NHS Lothian.

For further copies contact FAiR Multimedia  
Phone 0131 662 1962  
Email [multimedia@fairadvice.org.uk](mailto:multimedia@fairadvice.org.uk)  
Website [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

Design: FAiR Multimedia  
Illustration: Paul Mudie

Published by NHS Health Scotland

© FAiR and NHS Health Scotland, 2011

**Edinburgh office**

Woodburn House  
Canaan Lane  
Edinburgh EH10 4SG

**Glasgow office**

Elphinstone House  
65 West Regent Street  
Glasgow G2 2AF

ISBN: 978-1-84485-515-5

All rights reserved. Material contained in this publication may not be reproduced in whole or part without prior permission of NHS Health Scotland (or other copyright owners). While every effort is made to ensure that the information given here is accurate, no legal responsibility is accepted for any errors, omissions or misleading statements.

NHS Health Scotland is a WHO collaborating centre for Health Promotion and Public Health Development.

