

The Enjoy Eating for Health programme is a 4 week course run by a qualified dietician, each session will run for 1½ hours and will help equip you to make positive changes.



- **Whether you are a patient, carer or family member you will learn how to manage your particular circumstances to ensure that you have the most nutritious diet possible.**
- **Our aim is that you will learn to enjoy food again, and the stress of eating and mealtimes is reduced for all concerned.**
- **We hope that this in turn will improve your quality of life and sense of well-being, maximising your energy levels, strength and help you to cope better with treatment.**
- **Coming to the Living Well Centre will also offer social support, reducing isolation for some and enabling all that attend to engage with others in similar circumstances.**

PROGRAMME

Balanced Diet

Week 1

NUTRITIONALLY COMPLETE DIET The 5-2-2-5 model

What is a balanced diet? What are essential nutrients?

What is a healthy weight? How much food is enough?

Replica foods, packets and samples will illustrate how to make what you like to eat fit with what you need to eat. Menus, snack meals, convenience foods and eating out will all be covered.

Supplements & Taste

Week 2

MAN, MEAT, MUSCLE Meat fish and alternatives

We will take a look at meat and alternatives - fish, eggs, beans and talk about how much we need, how often and what nutrients it contains. We will talk about

take-away meals, how much and how often would be suitable. We will look at when Supplements would be useful and try tasting some. We will talk about taste changes. About conditions associated with diet such as heart disease and diabetes.

Weight loss

Week 3

ENERGY GIVING FOODS “Pasta is good isn’t it?”

This week we will consider weight management, particularly looking at stopping unwanted weight loss and how to support people with a poor appetite. We will think about the range of starchy foods that are available and talk about how to make suitable choices that will meet energy needs as well as provide a range of important nutrients. We will explode a few diet myths. We will address food hygiene as it relates to some forms of therapy. And we will do some cake baking.

Diet myths

Week 4

FIVE - A - DAY Fruit / vegetable

How important is it to include 5 servings of fruit or vegetables every day? What are the important nutrients that they bring? We will look at smart ways of achieving the target without having to do too much chopping and chewing. We will look at food labels and how they can help with making good choices. We will share recipe ideas and daily meal plans as we put everything we have covered together. And we will have a go at making and tasting fruit Smoothies.