Healthy Diet





An Easy Read Guide



Eating healthy food is an important part of a healthy lifestyle



Understanding the governments eat well guide is a good way to start - Eatwell Guide (external site)



Eat 5 portions of fruit and vegetable a day.

This NHS video (external site) shows what 5 portions a day might look like



CookABILITY have online cooking videos for people with a learning disability - CookABILITY (external site)



Widget have made some free healthy cookbooks, including -

Tom Kerridge's lose weight and get fit Recipes

Ainsley Harriott's Mediterranean Cookbook

A selection of 12 recipes (external site)



Care to Cook have Easy Read Recipes and video guides - Care to Cook



McMillian have made this book to help you eat a healthy diet



If you like to keep track, you could use the below Healthy Living Chart or Reward Chart.

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Healthy Living Chart

Tick as you go and stay in the **green!**



1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7☐ 8☐

Drink at least 6 - 8 glasses of water a day



1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7☐ 8☐

Eat at least 5 portions of fruit or vegetables



1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7☐ 8☐

Don’t eat foods with more than 5 spoons worth of sugar a day



0☐ 10☐ 20☐ 30☐ 40☐

Exercise for at least 30 minutes a day

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The Easy Read Experts







Name : _____

Getting Active

Reward Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I have done ...							
I have done ...							
I have done ...							
I have done ...							

My Reward Is...

Produced by the Enfield Integrated Learning Disabilities Service Nutrition and Exercise Project