

Wellness Week

WELCOME TO DAY 3

Eating Healthily

Today our Wellness focus is on maintaining good health through eating a healthy balanced diet. A healthy diet can help reduce your risk of developing coronary heart disease and stop you gaining weight, reducing your risk of diabetes and high blood pressure. A healthy diet also helps with sleep, stress and anxiety.

A balanced diet

Everyone should aim for a well-balanced diet. Faddy crash diets may not provide the balance of nutrients you need. The best way to understand it is to think of foods in food groups.

Try to eat:

- plenty of fruit and vegetables
- plenty of starchy foods such as bread, rice, potatoes and pasta. Choose wholegrain varieties wherever possible
- some milk and dairy products
- some meat, fish, eggs, beans and other non-dairy sources of protein
- only a small amount of foods and drinks high in fats and/or sugar. Choose options that are lower in fat, salt and sugar whenever you can.

“Books are a uniquely portable magic”



EAT BETTER BOOKLET – BRITISH HEART FOUNDATION

Want to know how to eat more healthily?

The British Heart Foundation have produced an Eat Better booklet which is a comprehensive guide to help you make healthier food choices to reduce your risk of developing or worsening heart and circulatory diseases. It offers small changes towards a healthy, balanced diet, with simple practical tips for everyday life.

The booklet can be downloaded or ordered via the link on their website:

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>



Healthy eating for children



MEALTIME TIPS FOR AUTISTIC CHILDREN WITH EATING CHALLENGES.

Autism Speaks provides 10 top tips for helping young people who may find eating challenging. This set of tips is designed to give some helpful strategies to try, although it does not replace any guidance already given by qualified professionals. The key to trying any strategies is consistency.

There 10 strategies are:

1. **Rule out physical problems** – some children may have undiagnosed medical issues such as dental issues which may make eating unpleasant.
2. **Ease into mealtime** - Many children who have autism experience great anxiety as mealtime approaches. The underlying reasons can include sensory aversions and fear of unfamiliar foods. Inadvertently, families can make the anxiety worse by trying to force a child to eat, setting up a pattern of mealtime stress. To reverse this pattern, parents could spend a few minutes helping their child relax before mealtime. One way to do this is to spend five minutes practicing deep breathing together. This can be as simple as slowly and deeply inhaling for a count of four, then slowly and fully exhaling for a count of seven or eight.
3. **Sit together at a table for meals** - Environmental cues help all children – and especially those who have autism – learn what they’re supposed to be doing. Eating together helps your child learn through imitation.
4. **Support your child’s posture** - If you see your child slouching, leaning or wriggling at the table, try placing rolled up towels around the back and hips to provide additional support. Also make sure that the feet have support. If they don’t reach the floor, try placing a step stool in front of the chair and under the table.
5. **Build acceptance to new foods through gradual exposure**
6. **Have set times for meals and stick to them** - it’s so important to eat on a schedule. Space meals and snacks every two-and-a-half to three hours through the day.
7. **Expand what your child already eats** - offer a food that remains familiar looking while building tolerance to small and incremental changes. A change from spaghetti to penne pasta, for example, might be too much to handle simply because it looks too different, but maybe spaghetti of a different brand or with a little sauce might be a good starting step.
8. **Take food out of their brand boxes or containers** - taking food out of boxes as soon as they unpack the groceries. Put food in clear containers. Rotate brands as much as possible so your child is less likely to get “stuck” on a highly specific taste, look and texture
9. **Encourage your child to explore, play and get messy with food** - Encourage your child to interact with food through his or her senses. Talk about the look and feel of foods. Make interesting shapes with cookie cutters, etc.
10. **Concentrate on the food not your child’s behavior** - As much as possible, try to ignore challenging behaviors at the table. Many children learn to escape the family meal by engaging in spitting, whining, banging on the table and the like. Try diverting attention from the negative behavior with a conversation about the food.
11. **The full article can be found here:** <https://www.autismspeaks.org/expert-opinion/autism-and-mealtime-therapists-top-ten-tips-success>



HEALTHY EATING RECIPES AND IDEAS

The internet has a wealth of healthy eating ideas and recipes.

We particularly like:

Jamie Oliver's Healthy Meals:

<https://www.jamieoliver.com/recipes/category/healthy-recipes/>

BBC Good Food:

<https://www.bbcgoodfood.com/recipes/category/healthy>

Tesco Real Food ideas:

<https://realfood.tesco.com/healthy-recipes.html>

'A healthy outside starts from the inside!'

Robert Ulrich

Wholemeal savoury pancakes

Ingredients

For the pancakes

- 150g/5½oz wholemeal plain flour
- 1 large free-range egg
- 375ml/13fl oz semi-skimmed milk
- 1 tbsp. rapeseed oil
- Salt

For the toppings

- 150g/5½oz light mature Cheddar, grated
- 400g/14oz sweetcorn, from a tin or frozen and defrosted
- 400g/14oz carrots, peeled and finely grated
- 400g/14oz courgette, finely grated
- 400g/14oz 15g/½oz lean wafer thin ham, shredded

Method:

1. Measure the flour into a large clean jam jar. Add the egg and milk and a pinch of salt then place the lid on firmly and shake well until the pancake mixture is smooth.
2. Heat a drizzle of oil in a medium frying pan over a medium heat and swirl it around the pan, then tip the oil into a heatproof bowl.
3. Pour a tenth of the batter into the pan and swirl it around so that it covers the base of the pan in a thin even layer. Cook for 45–60 seconds until firm and just golden, then flip over and cook on the other side for another 15 seconds.
4. Tip out onto a plate and repeat with the remaining oil and batter, wiping the pan out with kitchen paper between each one.
5. Scatter whichever toppings you fancy over the top, then fold into quarters or roll up into a pinwheel and eat straight away.

Recipe Tip: If you have any leftover crepes, stack them on a plate and allow to cool, then cover with Clingfilm or transfer them to a resealable food bag, and place in the fridge until needed. They will keep in the fridge for up to 2 days.

Recipe from [BBC.co.uk/food](https://www.bbc.co.uk/food)

