

Eat Well Keep Well



Tips for patients & carers in
maintaining good nutrition



Introduction

This is a leaflet offering general advice and is only a guide. It is designed with both patients and carers in mind. If you are on a special prescribed diet, try to maintain this.



What is a healthy diet?

It is important for everyone to eat a healthy, well balanced diet. A healthy diet can help maintain or improve your nutritional intake, sustain a healthy weight; may help reduce your symptoms and even improve your general wellbeing. Think about making healthy choices with your diet. Here are some suggestions below:

Fruit and vegetables

Try to eat at least five portions of fruit and vegetables a day. Evidence suggests that this helps lower the risk of coronary heart disease. Fruit and vegetables may be fresh, frozen, dried or tinned and cooked or raw, it doesn't matter. A glass fruit juice, banana on cereal, tomato in sandwich all count towards your five a day.

Fats

Eating too much fat, particularly saturated fat will increase your cholesterol. Perhaps, you need to cut back on the fat you eat and replace saturated fats with monounsaturated and polyunsaturated fats.

Oily Fish

Try to eat at least two portions of fish a week, and make one portion an oily fish, such as mackerel, trout or salmon. These are rich sources of omega 3 fatty acids, which help prevent heart disease.

Salt

Try to eat at least two portions of fish a week, and make one portion an oily fish, such as mackerel, trout or salmon. These are rich sources of omega 3 fatty acids, which help prevent heart disease.

Alcohol

Consuming too much alcohol can increase your blood pressure or put on weight. Alcohol can also cause damage to your heart muscle.



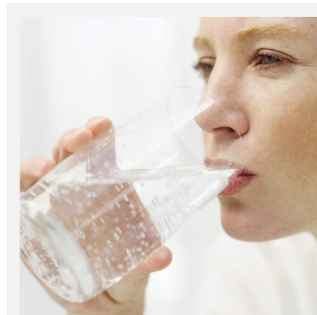
Small & Often can be more acceptable

If you don't feel like eating; try to eat little and often. You may wish to have three small meals and three snacks a day. It does not need to be hot foods; cold foods may have less preparation involved. Keep to tasty quick and easy to prepare foods.

For example: cheese on toast with sliced tomato, thick soup with bread, or banana sandwich with a yoghurt or glass of milk. Soup or cereals with hot milk are also easy to eat.



You should drink plenty fluids like water, juice, and tea/coffee throughout the day, about eight cups a day - unless instructed otherwise by your health care professional.



Try to reduce effort in meal preparation and shopping

- If you have never had to prepare meals before - you could ask family and friends.
- Start with simple favourite foods, for example, vegetable soup.
- There are lots of cookery books available. Your local library will have basic cookery books that you can borrow.
- There may be cookery classes available locally -ask your library.
- It may help to have easy foods you like available in your store cupboard in case you can't get to the shops. For example, long life milk, tinned soup, tinned fruit, tinned fish or meat, tinned milk pudding etc. Check that your tins already stored are in date. Some of the big supermarkets can deliver your shopping to your door for a charge, if you order your shopping online.
- You can make good use of your freezer. Try cooking more than you need and freeze suitable sized portions. Freezers are also useful to store bought ready meals. Convenience foods can be useful when you are trying to increase your food intake. Frozen vegetables are quick and easy to prepare so stock your freezer with vegetables you like.



Sample Menu

Breakfast

cereal / porridge / toast / boiled egg
fruit smoothie / glass of milk / fruit

Lunch

baked potato & filling / beans on toast /
soup & pudding / macaroni & cheese / ravioli

Mid Afternoon

fruit / biscuit / cereal bar / oatcakes /
handful of nuts / bagel

Evening Meal

lasagne / pasta bake / fish or shepherds pie /
stir fry / chicken in sauce / casserole

Supper

cereal / toast / milky drink / pancake

A final note:

Try to plan ahead with your meals/snacks and try not to miss mealtimes. Remember, ensuring good nutrition & treating problems early can help make you feel more positive. Improving your food intake may help reduce fatigue making exercise a bit easier & more enjoyable. If you are experiencing specific dietary problems e.g. significant weight loss - ask your GP to refer to a Dietician for specialist advice.

Directory Of Useful Contacts

Heart Helpline

For free heart health information

Tel: 0300 330 3311

NHS 24

Tel: 08454 242424

ACCORD Hospice

Tel: 0141 581 2000

Glennifer Outreach

Tel: 0141 887 1141

Chest Heart Stroke Scotland (Glasgow)

Tel: 0141 954 9624

Web: <http://www.chss.org.uk>

Renfrewshire Carers' Centre

Unit 55

Embroidery Mill

Abbey Mill Business Centre

PAISLEY

PA1 1TJ

Telephone 887 3643



Participation

We value our patients and families participation in developing the services we provide, listening to what you have to say and taking the appropriate action as required.

If you wish to participate please visit the participation section within our website www.accordhospice.org.uk

If you do not have access to the internet please request a leaflet.

Suggestions, Comments & Complaints

If you have any suggestions, comments or complaints about how the service can be improved, please speak to a member of staff.

If you are not satisfied with the response, please discuss your concerns directly with the Chief Executive at ACCORD Hospice:

Jacki Smart
0141 581 2000

Should you feel that your complaint has not been resolved by ACCORD Hospice, you may contact Healthcare Improvement Scotland (HIS) directly, at any stage:

Edinburgh Office:
Gyle Square
1 South Gyle Crescent
Edinburgh EH12 9EB
0131 623 4300

Glasgow Office:
Delta House
50 West Nile Street
Glasgow G1 2NP
0141 225 6999

Email: hcis.complaints@nhs.net

www.healthcareimprovementscotland.org

If required this leaflet is available in other languages & formats
