

Looking after yourself: Diet

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Diet

- Pain can lead to poor appetite/increased appetite.
- Increased body weight causes extra stresses on our joints.
- With reduced activity we see an increase in body weight.

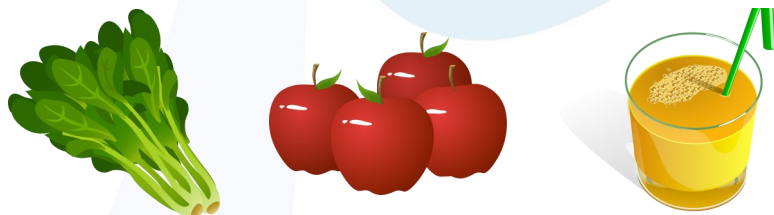
Eating a healthy balanced diet following an injury or broken bone can help with recovery.

Your diet should include Vitamin C, Vitamin D and Calcium.

If you have any questions about your diet you should ask for a referral to a dietician or use the links provided on the back of this leaflet.

What should we eat?

- Women need 1950 Kcal per day.
- Men need 2500 Kcal per day.
- We should eat 5 portions of fruit and veg each day.
- On average the UK eats 3½ per day.



Contact information

Acute Musculoskeletal Therapy Team:

0151 676 5519

Patient Advice and Liaison Service (PALS):

0151 430 1376

Support and Advice

Knowsley:

www.healthyknowsley.co.uk

Knowsley Lifestyle Hub:

Telephone : 0800 0731 202

Email : health.trainers@merseycare.nhs.uk

St Helens:

www.sthelenswellbeing.org.uk

Health trainers:

Tel: 01744 371111

Email: chcp.sthelens@nhs.net

Eat more fish

- Fish is an excellent source of protein, vitamins and minerals
- Aim for 2 portions of fish a week including a portion of oily fish
- Oily fish are rich in omega 3 fatty acids which help to keep our hearts healthy: Salmon, Mackerel, Trout, Herring, Fresh Tuna, Sardines, Pilchards.

Final tips

- Drink 6-8 glasses of water or other fluids each day.
- Eat breakfast! Research shows eating breakfast can help people control their weight.
- Make healthy choices. Choose low-fat and low-sugar varieties.
- Fill up on fruit and veg.
- Eat a variety of food types to get all the nutrients your body needs.
- Physical exercise uses up extra calories and can help to control our weight.



Fruit and Veg

- Fruit and veg carry antioxidants that 'mop up' waste products in the body, which keep your gut healthy reducing your risk of bowel cancer.
- They reduce cholesterol.

Fruit and veg... What is 1 portion?

- 1 apple/banana/pear
- 2 plums
- ½ grapefruit
- 3 heaped tablespoons of veg or fruit salad
- 1 heaped tablespoon of dried fruit
- 150ml of fruit juice (1 per day)
- 1 cupful of grapes/ cherries/berries.

Saturated or unsaturated fats

- Saturated fat can increase the amount of cholesterol in your blood which increases the chance of heart disease.

Saturated fat:

- High is 5g saturates per 100g
- Low is 1.5g saturates or less per 100g
- Average female - no more than 20g saturated fat per day, male - no more than 30g per day.

Foods high in saturated fat are:

- Hard cheese
- Cakes, biscuits and pastries
- Fatty cuts of meat e.g. sausages and pies
- Cream/soured cream/crème fraiche.

Unsaturated fats

- Having unsaturated fat instead of saturated can lower blood
- Cholesterol.

Examples

- Sunflower, rapeseed, olive, vegetable oils and spread
- Oily fish
- Nuts and seeds
- Avocados.

Sugars

- Sugary foods can cause tooth decay and be high in calories, with few other nutrients. Cutting down will help to control your weight.
- Check 'Carbohydrates (of which saturates)
- High is more than 15g sugars per 100g
- Low is 5g or less per 100g
- Looking at the ingredients of food, if sugar is near the top, it is likely to be **high** in added sugars.
- Other words to describe sugar are sucrose, glucose, fructose, corn syrup and honey.

Salt

- In the UK, 85% of men and 69% of women eat too much salt every day.
- Too much salt can raise your blood pressure. People with high BP are 3 times more likely to develop heart disease or have a stroke than those with normal BP.
- High is more than 1.5g of salt per 100g (or 0.6g sodium).
- Low is 0.3g salt or less per 100g (or 0.1g sodium).