

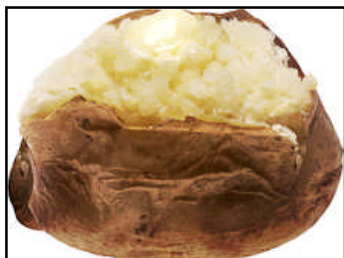
Healthy Eating



Eating Out



When you go out to eat choose foods which are healthy for you



Jacket potato



A Slice of pizza



Pasta

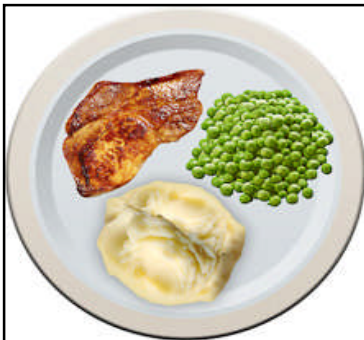




Boiled potatoes instead of chips



Lean grilled meat with vegetables and potatoes or rice



Lean roast meat with vegetables and mashed or boiled potatoes





Grilled or baked fish with
potatoes or rice

with



Lots of vegetables

or



Salad

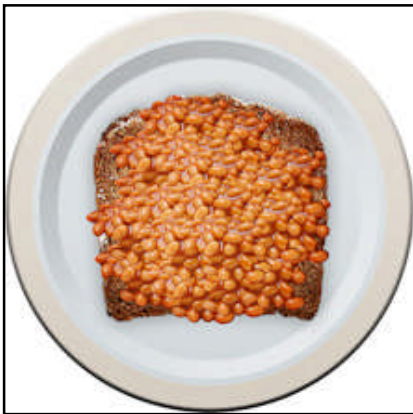




Soup with bread



A Sandwich



Beans on toast



And for pudding . . .



A bowl of fresh fruit

Or



A low fat low sugar yogurt

or



One scoop of ice cream
as a treat





Notes

My favourite place to eat is . . .



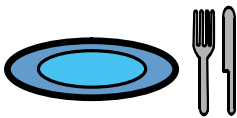


GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

Directorate of Learning Disability Services
Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

Developed by:



The Department of Nutrition & Dietetics

Produced in partnership with:
The National Public Health Service



National Public Health Service for Wales
Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cymru

Images used include Photosymbols #3 and Widgeit Writing with Symbols 2000.

