

Keeping Healthy



An Easy Read Booklet

Keeping Healthy



Eating food gives you energy.



If you eat too much you will put on weight.



Being overweight is not healthy.



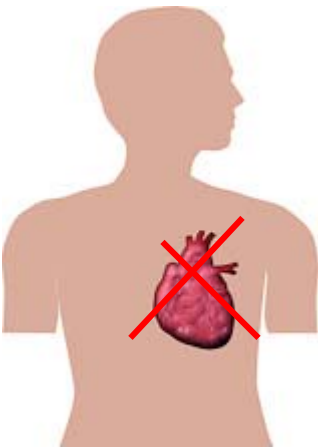
If you don't eat enough you will lose weight.



Being underweight is not healthy.



Being overweight or underweight can make you ill.



It is bad for your heart.



It can make you very tired.

Smoking



Don't smoke as it will harm your body.



Alcohol

Only drink small amounts of alcohol.

Unhealthy Food and Drink



Deep Fat Fried



Fried food



Sweets



Biscuits/cakes



Sugar



Chocolate



Crisps



Fizzy Juice (not diet)

Healthy Food and Drink



Steamed



Grilled

or



Fruit



Vegetables



Wholemeal Bread



Chicken



Fish



Cereal without sugar



Water

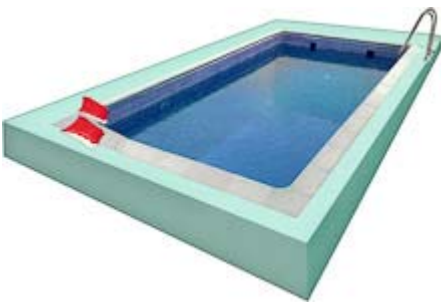


Semi Skimmed Milk

Exercise



Check with your doctor that it is okay to do any exercise.



Swimming.



Walking.



Gym.

Some of the pictures used in this leaflet are Photosymbols.