

## ADVICE AND SUPPORT IS AVAILABLE HERE

An important first step in changing your eating habits is to be aware of what and why you eat or do not eat. Is it because you are sad, tired, happy, in pain or bored? If you want advice, support or information about changing your eating habits, refer to the links below.

### Your health care centre

[vgregion.se](http://vgregion.se)

1177

1177.se  1177

### Online health coach

See your health coach on your mobile phone.

Download the app Mitt vårdmöte and make an appointment.

[vgregion.se/halsocoach](http://vgregion.se/halsocoach)

### Swedish National Food Agency

[slv.se](http://slv.se)

### Notes

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 This information is available in several languages

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How to improve  
your health



## Healthy eating habits



## FOOD IS AN IMPORTANT PART OF LIFE

There are many ways to eat in a healthy way. This leaflet is based on Nordic nutrition recommendations, which are suitable for most people. If you have an illness you may need special dietary advice from your healthcare contact.

### WHAT do you eat?

The key to good eating habits is to eat healthy food, eat the right amount and have a varied diet. It is easier to get what your body needs by eating many different kinds of food.

The image below shows how many of us need to change our eating habits to have a more healthy diet. Small changes can make a big difference, such as eating more fruit as a snack or like a fruit salad for dessert or eating fish more often for lunch/dinner or as a sandwich filling.



Increase	Replace		Limit
Vegetables Legumes	Cereals from white, sifted flour	→ Cereals from wholegrain products	Cold meats Red meat
Fruit and berries			Drinks and foods with added sugar
Fish and seafood	Butter and butter-based fats	→ Vegetable oils, oil-based fats	Salt
Nuts and seeds	Full-fat dairy products	→ Low-fat dairy products	Alcohol

Source: Swedish National Food Agency

### WHEN do you eat?

Eating meals regularly - breakfast, lunch and dinner and maybe snacks at certain times - helps you to eat the right amount and avoid eating unnecessarily. Also for those who want to put on weight, regular meals are recommended.

Starting the day with breakfast usually means that the other meals fall into place regularly.

### HOW do you eat?

Both too much and too little food can result in health problems. The body needs the right amount of food to work well.



The plate model shows how you can easily get a good balance between different types of food when putting a meal together. The food does not need to be divided as in the picture; it works for all kinds of food, such as soups, casseroles, sandwiches or salads.

If you want to lose weight, you can include more vegetables and reduce the other ingredients. If you train a lot or you need to put on weight, you can eat more carbohydrates and perhaps add a little more fat or have a dessert.

Based on the Harvard T. H. Chan School of Public Health 2016

The risk of cardiovascular disease decreases if you eat a lot of fruit and vegetables, fish, wholegrains, good fats and not too much alcohol.  
Many cases of cancer can be prevented through good eating habits, physical activity and keeping a good weight.

Your eating habits affect your health, both short-term and long-term. Even small changes can make a big difference!