**Eat well**

**Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.**

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. **Food groups in our diet**The [Eatwell Guide](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/) shows that to have a healthy, balanced diet, people should try to:

* eat [5 A Day](https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/)
* base meals on starchy foods like potatoes, bread, rice or pasta
* have some dairy or dairy alternatives (such as soya drinks)
* eat some beans, pulses, fish, eggs, meat and other protein
* choose unsaturated oils and spreads, eaten in small amounts
* [drink plenty of fluids](https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/)
* If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.Try to choose a variety of different foods from the 5 main food groups. Most people in the UK [eat and drink too many calories](https://www.nhs.uk/live-well/eat-well/cut-down-on-your-calories/), too much fat, sugar and salt, and not enough fruit, vegetables, oily fish or [fibr](https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/)e.

Obesity

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There are many ways in which a person's health in relation to their weight can be classified, but the most widely used method is body mass index (BMI).Obesity is generally caused by consuming more calories, particularly those in fatty and sugary foods, than you burn off through physical activity. The excess energy is stored by the body as fat. Obesity is an increasingly common problem because for many people modern living involves eating excessive amounts of cheap, high-calorie food and spending a lot of time sitting down, at desks, on sofas or in cars.The best way to treat obesity is to eat a healthy, reduced-calorie diet and [exercise regularly](https://www.nhs.uk/live-well/exercise/free-fitness-ideas/).To do this, you should:

* eat a balanced, calorie-controlled diet as recommended by your GP or weight loss management health professional (such as a dietitian), join a local weight loss group

take up activities such as fast [walking](https://www.nhs.uk/live-well/exercise/walking-for-health/), [jogging](https://www.nhs.uk/live-well/exercise/running-tips-for-beginners/), [swimming](https://www.nhs.uk/live-well/exercise/swimming-for-fitness/) or tennis for 150 to 300 minutes (2.5 to 5 hours) a week, eat slowly and avoid overeating