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Introduction

It’s never too late to start eating healthily. A healthy diet doesn’t have to be boring or expensive and it doesn’t mean going without your favourite treats, although you might do well to eat them less often or in smaller portions. Eating well means that you’re likely to feel healthier, stay active for longer and protect yourself against illness. You might be surprised by how much more energy you have.

This guide looks at maintaining a healthy weight, including tips on eating well if you find that you’ve only got a small appetite, and tips on reducing your risk of serious health conditions. It includes important information about food safety too, so you can lower your risk of food poisoning, which is not only unpleasant but can also be a serious health risk.

Throughout this guide you will find suggestions for organisations that can offer further information and advice about your options. Their contact details can be found in the ‘Useful organisations’ section (see pages 29–32). Contact details for organisations near you can usually be found in your local phone book. If you have difficulty finding them, your local Age UK should be able to help (see page 29).

As far as possible, the information given in this guide is applicable across the UK.

Key

This symbol indicates where information differs for Scotland, Wales and Northern Ireland.

This symbol indicates who to contact for the next steps you need to take.
Eating well

Eating well means enjoying your food and having plenty of variety and balance, so you get all the nutrients you need. The eatwell plate can help you to follow a healthy, balanced diet by showing you how much to eat from each food group (see pages 6–7).

Fruit and vegetables
Research shows that people who eat plenty of fruit and vegetables are less likely to develop heart disease, certain cancers and eye conditions. Try to eat a variety of fruit and vegetables – aim for five portions a day. A portion is roughly the amount you can fit in your hand – for example, two satsumas, three apricots, an apple or a banana. Frozen or tinned fruit and vegetables, dried fruit and fruit juice all count towards your ‘five a day’. Try to choose five different-coloured ones to have with or between meals.

Meat, poultry, fish, eggs, beans, lentils and nuts
Eat a portion of any of these foods at two of your daily meals. They all contain protein, which helps to build and repair your body. You don’t need to eat meat or fish every day – try cheese, well-cooked eggs, beans, lentils or tofu instead. Try to eat fish twice a week – one portion of white fish such as haddock or cod, and one portion of oily fish such as salmon or sardines. Oily fish are rich in vitamin D and a type of fat that helps to prevent heart disease. Avoid frying meat or fish.
Foods containing fat and sugar
Watch the total amount of fat in your diet, including cooking oil. Limit the times you eat chips or fried food. Don’t fill up on foods containing saturated fat or sugar such as butter, ghee, cakes, biscuits, sausages, and meat pies; leave room for more nutritious foods. Saturated fats raise the level of cholesterol in the blood and increase the risk of heart disease and stroke.

Breads, other cereals and potatoes
Have a serving of starchy food (bread, chapatis, breakfast cereal, potatoes, yams, rice or pasta) with every meal. These foods give you energy. Wholegrain foods such as brown rice or wholegrain bread or pasta contain B vitamins, minerals and fibre that keep you well and help prevent constipation.

Milk and dairy foods
These foods contain calcium, which helps to keep bones strong. Try to have three servings a day and choose lower-fat versions, such as semi-skimmed milk, half-fat cheese and low-fat paneer where you can. A serving can be a cup of milk, pot of yoghurt, matchbox-size piece of cheese, or small pot of cottage cheese.

List your favourite fruits and vegetables opposite. Which meals and snacks could include an extra portion of them?
<table>
<thead>
<tr>
<th>Favourite fruit or vegetable</th>
<th>Meal idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>Porridge with chopped bananas</td>
</tr>
</tbody>
</table>
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

Fruit and vegetables

Meat, fish, eggs, beans and other non-dairy sources of protein

Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland. © Crown copyright 2011
Bread, rice, potatoes, pasta and other starchy foods

Milk and dairy foods

Foods and drinks high in fat and/or sugar
Maintaining a healthy weight

Keeping to a healthy weight is important. It’s not good for us to be overweight or underweight. It’s easy for weight to creep up or drop off without us noticing, so it’s a good idea to check that your weight is within a healthy range. If you’re concerned about your weight speak to your GP. One way of checking whether you’re a healthy weight is by finding out your Body Mass Index (BMI). Ask your GP to assess it or use the BMI calculator on the NHS Choices website (see page 31).

Worried about a poor appetite or unwanted weight loss?
If you’re finding it difficult to eat well, this can result in you lacking essential vitamins and minerals, and feeling tired, depressed and low on energy. It may also result in you losing weight.

Weight loss can be triggered by illness, or stressful situations including bereavement or moving house. Certain types of medication can also affect your appetite. Possible signs of weight loss include your clothes feeling looser and jewellery (such as a ring) becoming too big. Speak to your GP if you’re worried about a poor appetite, or your own or a relative’s unwanted weight loss. The food diary on pages 22–25 may be a helpful way of tracking what you eat.

If you only feel like eating a little, it’s important that the food you do eat is nourishing. Follow our tips to make sure that you eat well.

• Eat two to three small meals and a few snacks every day. Snack on yoghurt, cheese and crackers, a slice of toast, a milky drink, a fruit smoothie, or breakfast cereal with milk, rather than biscuits and sweets. Some cereals contain a lot of sugar but you can check by looking at the nutrition label (see page 18).
• Keeping active will help improve your appetite. Try to go for a short walk to the shops or around the park every day. If you find movement difficult, there are chair-based activities you can do. Any amount of extra activity that is right for your age group and health makes a difference. Ask your GP what kind of activity might be suitable.

• Keep food to hand for when you want a quick meal or snack, such as tins of soup or frozen meals.

• Drink plenty of fluids to stay hydrated.

If you have problems chewing and wear dentures or have a bridge, ask your dentist to check that they fit properly. Try easy-to-eat foods such as minced meat, casseroles, mashed potato, canned fruit and cooked vegetables.

If you’re finding it difficult to shop or cook for yourself, consider getting help. Talk to your local social services (or social work department in Scotland) or Age UK to find out what’s available in your local area.

Shopping online can be convenient if there aren’t any shops in walking distance or it’s difficult for you to get there. You could consider bulk-buying heavier items online so that someone else does the lifting for you. Visit your favourite supermarket’s website to see whether they offer home delivery. If you make purchases over the internet, make sure you take steps to keep your details secure. Our free guide Internet security has more information about how to stay safe online.

In England, find out whether there is a Fit as a Fiddle healthy-eating session near you by calling Age UK Advice or emailing fitasafiddle@ageuk.org.uk. Find out more about Fit as a Fiddle by visiting www.fitasafiddle.org.uk. In Wales, contact Age Cymru, or visit the website to find out whether there’s a healthy-eating programme near you (see page 29).
**Trying to lose weight?**

Losing weight can be tough, but being overweight can make us less mobile, and being very overweight puts us at risk of serious diseases including heart disease, stroke, diabetes and some cancers, including bowel and breast cancer. The media often talks about obesity in the younger population, but it’s a growing problem among older people too.

If you’ve gradually gained weight over the years, try to lose it slowly but steadily, for example, by losing 1–2lb a week rather than crash dieting.

Try keeping a food diary for a week by writing down everything you eat each day. You can then see where you might cut down or change your habits, for example, by switching to healthier snacks. We’ve included a food diary for you on pages 22–25.

Being physically active is good for everyone, and can also help you maintain a healthy weight, or lose excess weight and successfully keep it off. Aim to be moderately active for at least half an hour on most days of the week – this means doing exercise that makes you breathe harder and your heart beat faster. This can be split into ten minutes, three times a day, or 15 minutes, twice a day. For example, you could go for two 15-minute brisk walks. Think about walking, cycling, gardening and using the stairs more, as well as sport and exercise classes, if you enjoy them. Use the page opposite to think about what you could do.
<table>
<thead>
<tr>
<th>Exercise</th>
<th>When can I do it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take the stairs instead of the lift</td>
<td>Every day</td>
</tr>
<tr>
<td>Gardening</td>
<td>Saturday mornings</td>
</tr>
</tbody>
</table>
If your activity level is limited by health problems, or you find movement difficult, speak to your GP for suggestions of suitable activities for you.

In England, find out whether there is a Fit as a Fiddle healthy-eating session or exercise class near you by emailing the Fit as a Fiddle team or calling Age UK Advice (see page 29). Many local Age UKs run exercise sessions too. In Wales, contact Age Cymru, or visit the website to find out what programmes are available (see page 29).

Our free guide Healthy living has more information about staying active and different activities you may enjoy.

**Being physically active is good for everyone, and can also help you maintain a healthy weight, or lose excess weight and successfully keep it off.**
Staple kitchen supplies to keep in stock

It’s useful to have a store of basic foods in case you can’t get to the shops because of bad weather or illness.

If you have a freezer, use it to store a small supply of foods you enjoy. This could include frozen mince and chicken pieces, frozen vegetables, a selection of ready meals, frozen seasonal fruit and ice cream. Cooking large batches of meals, such as stew or homemade soup, and freezing individual portions is a good idea. You can then defrost the meal for eating when you feel like it.

Here are some suggestions for foods to keep in your cupboards.

• Milk – long-life, dried, or evaporated milk; tinned milky puddings.

• Meat and fish – tinned corned beef, ham, sardines, salmon, pilchards, mackerel and tuna.

• Fruit, vegetables and fruit juice – a variety of tinned fruit and vegetables (including baked beans), dried fruits, lentils and other dried beans and peas, long-life fruit juice, instant mashed potato and frozen vegetables.

• Cereals – breakfast cereals, wholegrain crackers, oatcakes, plain biscuits, pasta and rice.

• Drinks – tea, coffee, cocoa, malted milk.

• Other – tinned and dried soups, yeast extract (for example, Bovril, Marmite or Vegemite).
Only buy food that you will use. Store-cupboard foods don’t keep for ever, so use them occasionally and replace them with new ones. Don’t let things go out of date.

Have a look around your kitchen and make a list of basic foods that you need to keep in stock.

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**Eating well on a budget**

Some people think that it’s not possible to eat healthy food on a small budget, but if you think ahead you can usually save a few pennies as well as giving your body all the nutrients it needs.

Plan your meals a few days ahead and stick to a shopping list so you buy only the items you need. When you’re in the supermarket, look for the store’s own brand, which usually works out cheaper than other brands. Remember that frozen and tinned fruit and vegetables count towards your five a day, and are often less expensive than fresh varieties. For fresh fruit and vegetables, it can sometimes be better value to shop at a local market if there’s one nearby, rather than at a supermarket. Try to buy fruit and vegetables that are in season.
Look for offers on storable foods such as pasta, cereal, and tinned food. Many supermarkets have a reduced items shelf for goods that are reaching their sell-by date, and you can often find good bargains there. However, if you’re tempted by an offer on perishable foods, check the sell-by date and think about whether you will definitely use it before it expires.

If you’re newly bereaved or separated, it can be difficult to adjust to cooking for one and keeping within a different budget. Consider making extra portions of meals and freezing them to have later in the week. The BBC Good Food website has ideas for meals you can cook for one, and YouTube offers online demonstrations of healthy recipes (see page 32). See our free guide Going solo for tips on how to look after yourself if you’re used to relying on someone else.

Fit as a Fiddle produces a free recipe book called Cooking on a budget: Fit as a Fiddle cookbook and guide, which includes easy and nutritious menus that you can make on a budget. Call Age UK Advice to order a free copy (see page 29).

Plan your meals a few days ahead and stick to a shopping list so you buy only the items you need.
Staying hydrated

Water is vital for our bodies to work properly so it’s important to keep hydrated. Not drinking enough can cause constipation, headaches, tiredness and irritability, and can also lead to dehydration.

Drink about six to eight cups of liquid a day. This does not have to be water. Tea, coffee, fruit juice or squash will do, but avoid fizzy drinks as they contain a lot of sugar and calories, which can lead to weight gain. Don’t rely on feeling thirsty to tell you when to drink, as when we get older our sense of thirst gets weaker.

It is particularly important to drink plenty in hot weather and to stick to a normal diet to replace salt losses from sweating. See our leaflet Staying cool in a heatwave for more tips on coping in the heat.

Alcohol

When it comes to alcohol, many of us enjoy a drink now and then. Government guidance is that we should drink in moderation, which means that:

• men should not regularly drink more than three to four units a day
• women should not regularly drink more than two to three units a day.
‘Regularly’ means every day or most days. A pint of beer (4 per cent alcohol) and a 175ml standard glass of wine (13 per cent alcohol) both contain two to three units.

Having wine or beer most evenings, for example, with your meal or while watching TV, can be as harmful to your health as binge drinking. Regular drinking like this can damage your liver, brain, blood vessels and other organs. Keep at least two days per week alcohol-free so that your liver, in particular, can recover from the toxic effects of alcohol.

To quickly work out how many units you drink, use the alcohol Unit Calculator on the Drinkaware website (see page 31).

You should avoid alcohol when taking certain medicines, so always read the leaflet that comes with prescription medicines, over-the-counter medicines or herbal medicines. If in doubt, ask your pharmacist.

If you’re worried about your own or another person’s drinking, speak to your GP or practice nurse, or contact Alcohol Concern. In Northern Ireland, contact Addiction NI, in Scotland, contact Alcohol Focus Scotland, and in Wales, contact All Wales Drug and Alcohol Helpline (see page 30 for contact details for all these organisations). You can also contact Drinkaware, which covers the whole of the UK (see page 31).
Know what’s in your food

The symbols found on many food labels can help you make healthy choices. Most pre-packed foods have a nutrition label on the packaging (see the example below).

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>per 100g</th>
<th>per pack</th>
<th>%GDA</th>
<th>your GDA*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical values (as consumed)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy</td>
<td>541kJ/128kcal</td>
<td>2011kJ/476kcal</td>
<td>24%</td>
<td>2000kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>4.9g</td>
<td>18.2g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>20.8g</td>
<td>77.4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>of which sugars</td>
<td>1.5g</td>
<td>5.6g</td>
<td>6.2%</td>
<td>90g</td>
</tr>
<tr>
<td>Fat</td>
<td>2.8g</td>
<td>10.4g</td>
<td>15%</td>
<td>70g</td>
</tr>
<tr>
<td>of which saturates</td>
<td>2.3g</td>
<td>8.6g</td>
<td>43%</td>
<td>20g</td>
</tr>
<tr>
<td>Fibre</td>
<td>2.1g</td>
<td>7.8g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>0.1g</td>
<td>0.5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt equivalent</td>
<td>0.3g</td>
<td>1.3g</td>
<td>22%</td>
<td>6g</td>
</tr>
</tbody>
</table>

*Recommended guideline daily amounts for adults (GDA)

The label usually includes the number of calories and the amount of fat, saturated fat, sugar and salt in 100 grammes of the food and per pack, or per portion. Be aware that a manufacturer’s idea of a portion may be different to yours.

Some labels include information on how the product fits into your daily diet. Guideline Daily Amounts (GDA) are guidelines about the amount of particular nutrients needed for a healthy diet. For example, a label might show that the food provides you with 1.3 grammes of salt, which represents 22 per cent of your GDA. In other words, it contains nearly a quarter of an adult’s GDA of salt. Everyone will need different amounts of energy and nutrients so use them as a rough indication, not a precise guide or target.
**Traffic light colour-coding**

Some labels use red, amber and green colour-coding. If you’re trying to choose between two similar products, this can help you quickly find the healthier choice.

You can see at a glance whether the food has high, medium or low amounts of fat, saturated fat, sugar and salt. Red means high, amber means medium and green means low. Amber lights mean the food contains neither high nor low amounts of sugar, salt and fat, so you can eat foods with all or mostly amber lights most of the time. The more green lights, the healthier the choice. Red lights indicate the foods we should try to eat less often and in small amounts.

**‘Use by’ and ‘best before’ dates – what’s the difference?**

When buying food, check the ‘use by’ date. You will see this on food that goes off quickly, particularly fresh or chilled food including meat, poultry, fish, paté and soft cheese. Even if it seems fine, using it after the ‘use by’ date could make you ill. Don’t take the chance – throw it out. The ‘best before’ date is more about the quality of the food than its safety. It is frequently found on foods packaged in cans or jars, or on dried food. Food past its ‘best before’ date won’t make you ill, but it might have lost some of its flavour and texture.

See ‘Storing and preparing food safely’ (page 20) to find out more. To find out whether your eating habits are healthy, use the online ‘Healthy eating self-assessment’ on the NHS Choices website.
Storing and preparing food safely

Many of us assume that food poisoning comes from cafés and restaurants, but we’re just as likely to get ill from food prepared at home. Food poisoning can be more than just unpleasant – it can make us seriously ill. There are a number of bacteria that can cause food poisoning, but people over 60 are at a higher risk of food poisoning caused by *Listeria monocytogenes*, commonly known as listeria. This is a type of bacteria that can live and grow in food. It may be found in chilled ready-to-eat foods in particular, such as paté, soft cheese, pre-packed sandwiches, cooked sliced meat and smoked salmon. It is rare, but severe cases can be life-threatening.

A few simple precautions can prevent food poisoning.

1. Set your fridge temperature to 5°C or below. This helps stop food-poisoning bacteria from growing. Bring chilled foods home from the shops as quickly as possible and transfer them straight to the fridge.

2. Wash your hands thoroughly before handling any food and after handling raw food (such as meat, poultry, eggs, fish) and its packaging.

3. Wash worktops with hot soapy water or an antibacterial cleaning spray before and after preparing food.

4. Use a separate chopping board for raw meat. It contains harmful bacteria that can spread very easily to anything it touches.
5 Don’t wash raw meat such as chicken before cooking it – it isn’t necessary and can actually spread germs further. Thorough cooking will kill any bacteria present.

6 Cover raw meat, poultry and fish, and keep it on the bottom shelf of the fridge, where it can’t touch other foods or drip on to them.

7 Cook food thoroughly until it’s piping hot. Chicken, pork, burgers, sausages and kebabs should be cooked all the way through with no pink meat inside.

8 Don’t refreeze raw food that has already thawed. Prepare and eat it, or throw it away.

9 Reheat food thoroughly until piping hot, and never reheat more than once.

10 Avoid dishes containing raw eggs, such as homemade mousse or mayonnaise. Always cook eggs well until the yolk is solid. Raw or lightly cooked eggs can contain salmonella, a harmful bacteria. Older people are more likely than others to become severely ill if they eat contaminated eggs.

In England, find out more by searching for ‘food safety’ at www.nhs.uk

Search for ‘food safety’ at www.nhsdirect.wales.nhs.uk in Wales and at www.nhsinform.co.uk in Scotland.
## Food diary

Try keeping a food diary for a week. It may help you see where you can change your eating habits and eat more healthily. Use the eatwell plate on pages 6–7 to help you make changes for the better.

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>What you ate and drank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snacks</td>
<td></td>
</tr>
<tr>
<td>Day 2</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snacks</td>
<td></td>
</tr>
<tr>
<td>Day 3</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snacks</td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Meal</td>
<td>What you ate and drank</td>
</tr>
<tr>
<td>-----</td>
<td>------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Day 1</td>
<td>Breakfast</td>
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<td></td>
<td>Lunch</td>
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<td></td>
<td>Dinner</td>
<td></td>
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<tr>
<td></td>
<td>Snacks</td>
<td></td>
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<tr>
<td>Day 2</td>
<td>Breakfast</td>
<td></td>
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<tr>
<td></td>
<td>Lunch</td>
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<tr>
<td></td>
<td>Dinner</td>
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<tr>
<td></td>
<td>Snacks</td>
<td></td>
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<tr>
<td>Day 3</td>
<td>Breakfast</td>
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<tr>
<td></td>
<td>Lunch</td>
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<td></td>
<td>Dinner</td>
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<tr>
<td></td>
<td>Snacks</td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Meal</td>
<td>What you ate and drank</td>
</tr>
<tr>
<td>-------</td>
<td>-------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Day 4</td>
<td>Breakfast</td>
<td></td>
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<tr>
<td></td>
<td>Lunch</td>
<td></td>
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<tr>
<td></td>
<td>Dinner</td>
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<tr>
<td></td>
<td>Snacks</td>
<td></td>
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<tr>
<td>Day 5</td>
<td>Breakfast</td>
<td></td>
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<tr>
<td></td>
<td>Lunch</td>
<td></td>
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<tr>
<td></td>
<td>Dinner</td>
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<tr>
<td></td>
<td>Snacks</td>
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<tr>
<td>Day 6</td>
<td>Breakfast</td>
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<tr>
<td></td>
<td>Lunch</td>
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<td></td>
<td>Dinner</td>
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<td></td>
<td>Snacks</td>
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<tr>
<td>Day 7</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td></td>
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<tr>
<td></td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Snacks</td>
<td></td>
</tr>
</tbody>
</table>
Help with healthy eating

Fit as a Fiddle is Age UK’s leading physical activity, healthy-eating and wellbeing programme for England, funded by the Big Lottery Wellbeing Fund. Fit as a Fiddle supports a range of healthy-eating activities and projects across the nine English regions – from cooking to weight management and physical activity programmes. These activities and projects support people in later life to eat well and healthily. Fit as a Fiddle also produces information and resources to encourage healthy eating in later life, including:

- **Fit as a Fiddle Cookbook: Recipes for healthy living** – a recipe book for eating and cooking well in later life
- **Cooking on a budget** – Fit as a Fiddle cookbook with healthy meals to make on a small budget
- **Cooking for one** – Fit as a Fiddle cookbook with simple meals to make in single portions
- **Add Flavour** – healthy-eating booklet for older people in residential care.

For more information about these resources and Fit as a Fiddle generally, visit www.fitasafiddle.org.uk or call Age UK Advice on 0800 169 65 65.

Fit as a Fiddle runs healthy-eating schemes in some areas. Contact the Fit as a Fiddle team by emailing fitasafiddle@ageuk.org.uk or call Age UK Advice to find out whether there’s one near you.
In Wales, there is a similar programme called Ageing Well in Wales. This is funded by the Welsh Government. There are Ageing Well groups across Wales that offer a range of health and wellbeing activities and support, including healthy eating.

For more information on Ageing Well in Wales, visit www.ageuk.org.uk/cymru and click on the ‘Health & Wellbeing’ tab.

Contact Age Cymru to find an Ageing Well group in your area. Call 029 2043 1555 or email ageingwell@agecymru.org.uk

**Fit as a Fiddle support a range of activities and projects that support people in later life to eat well and healthily.**
Being physically active is good for everyone, and can also help you maintain a healthy weight, or lose excess weight and successfully keep it off.
Useful organisations

Age UK
We provide advice and information for people in later life through our Age UK Advice line, publications and online.

Age UK Advice: 0800 169 65 65
Lines are open seven days a week from 8am to 7pm.
www.ageuk.org.uk

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact
Age Cymru: 0800 169 65 65
www.agecymru.org.uk

In Northern Ireland, contact
Age NI: 0808 808 7575
www.ageni.org

In Scotland, contact
Age Scotland: 0845 125 9732
www.agescotland.org.uk
**Addiction NI**  
Alcohol and drug addiction treatment for people aged 55 and over in Northern Ireland.

40 Elmwood Avenue  
Belfast BT9 6AZ

Tel: 028 9066 4434  
Email: enquiries@addictionni.com  
www.addictionni.com

**Alcohol Concern**  
National organisation offering information and support about alcohol abuse and local services.

Tel: 0800 917 8282  
www.alcoholconcern.org.uk

**Alcohol Focus Scotland**  
National charity providing information and support about alcohol issues in Scotland.

Tel: 0800 7 314 314  
www.alcohol-focus-scotland.org.uk

**All Wales Drug and Alcohol Helpline**  
A free, bilingual helpline in Wales providing advice on drug and alcohol issues. Advisers are available 24 hours a day, every day of the year.

Tel: 0808 808 2234  
www.dan247.org.uk
**BBC Good Food**  
Online version of the magazine. Offers recipes and cooking tips.

www.bbcgoodfood.com

**British Heart Foundation**  
Provides free publications on looking after your heart health.

Tel: 0300 330 3311  
Publications order line: 0870 600 6566  
www.bhf.org.uk

**Drinkaware**  
An organisation funded by alcohol firms and offering tips on responsible drinking.

Tel: 020 7766 9900  
www.drinkaware.co.uk

**Food Standards Agency**  
Carries out a range of work to make sure that food is safe to eat.

www.food.gov.uk

**NHS Choices**  
Website that enables you to find out about local NHS services and get advice on healthy living. Includes a BMI calculator to help you manage your weight.

www.nhs.uk

In Wales, visit **NHS Wales**  
www.wales.nhs.uk

In Scotland, contact **NHS Inform**  
Tel: 0800 22 44 88  
www.nhsinform.co.uk
**Paths for All**  
Charity promoting walking for health in Scotland.

Tel: 01463 725 152  
Email: info@pathsforall.org.uk  
www.pathsforall.org.uk

**Walking for Health**  
Supports a large network of healthy-walking schemes across England, offering regular short walks over easy terrain with trained walk leaders.

Tel: 0300 060 2287  
Email: wfhinfo@naturalengland.org.uk  
www.wfh.naturalengland.org.uk

**YouTube**  
Website offering a wide range of videos, including cookery demonstrations.

www.youtube.com
Health & wellbeing

You may be interested in other guides in this range

- Bereavement
- Caring for your eyes
- Going into hospital
- Going solo
- Health services
- Healthy living
- Managing incontinence
- Staying cool in a heatwave
- Staying steady
- Winter wrapped up

To order any of our **free** publications, please call Age UK Advice free on:

**0800 169 65 65**

[www.ageuk.org.uk/healthandwellbeing](http://www.ageuk.org.uk/healthandwellbeing)
What should I do now?

For more information on the issues covered in this guide, or to order any of our publications, please call Age UK Advice free on 0800 169 65 65 or visit www.ageuk.org.uk/healthandwellbeing

Our publications are also available in large print and audio formats.

The following Age UK information guides may be useful:

- **Going solo**
- **Health services**
- **Staying steady**

The Age UK Group offers a wide range of products and services specially designed for people in later life. For more information, please call 0800 169 18 19.

If contact details for your local Age UK are not in the box below, call Age UK Advice free on 0800 169 65 65.