

Supporting people with a learning disability to make healthy lifestyle changes



Information Pack contents

Motivating and goal setting

Capacity and choice

Food security

Menu planning checklist

The five food groups

Hunger and cravings

Delay, Distract, Decide

Eat Well Guide

Handy measures

Food labelling

Eating out and takeaways

Links to online resources

Session 1: Living in a Bigger Body

Body weight, shape, size

This link explains how to calculate a BMI (body mass index) and what it means:

<https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/>



Motivating

The first few pages of the booklet in below link can be used to start having conversations about how a persons weight is effecting them: <https://www.cntw.nhs.uk/weight-loss-guide-easy-read/>



Having this conversation can help identify motivators to help inspire change.

Keep a track of motivators through photos, videos, inspiration boards or even just use the form on the next page.

Setting Goals

Why set goals?

To give back some level of control and promote responsibility for own behaviour, keep focus on what they want to achieve and to stay motivated.

How?

1. Think about their long-term goal-what do they want to achieve?
2. Think of the reasons why they want to achieve this long-term goal (their motivators)-what does it mean to them?
3. Break their long-term goal down into smaller goals. Make sure these goals:
 - Will help them achieve their long term goal
 - Are realistic
 - Can be achieved in the time frame they want to achieve them in.
4. Think about how you/they will measure these goals-how will you/they know if you have managed to achieve them?
5. Think about what might stop them from achieving these goals and how you/they might overcome this.

Keep track:

Write them on a list, chart, or diary. Make a poster or inspiration board or picture.

|

I don't like that



overweight

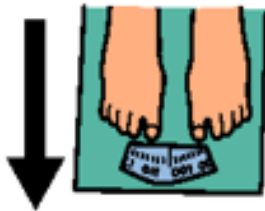


The things that I don't like about living in a bigger body are:

-
-
-

Lose

weight



If I lose some weight it will help me because:

-
-
-

Capacity and Choice

If someone has the capacity to understand the health consequences of their lifestyle behaviours, then they have the right to decide in ways others may think unwise. **But** as carers we still have a duty of care to provide support and encouragement.

If someone does not have the capacity to understand health consequences of their lifestyle behaviours, then a 'best-interests' decision should be made. This should include the person, family/guardians and carers to make the best and least restrictive choice possible.

If you are unsure if a person has capacity your local community learning disability team might be able to help. This link explains more about the service:

NHS Lothian – Learning Disabilities

<https://services.nhslothian.scot/learningdisabilities/>



Session 2: Routine and Planning

Food Security

No Doubt, No Surprises, No Disappointment = A sense of security

No Doubt:

- Menu planning (use visual menu planners)
- Person always knows what they will be eating for their next meal/snack
- Person rarely asks about what they will be eating as they already know (or can be directed to menu plan)
- Person knows exactly when meals and snacks are scheduled for the day
- Low calorie treats are planned into the person's daily schedule.

No Surprises:

- Person does not have free access to foods
- Meal and snack times are stuck to (part of your side of the deal)
- Special occasions are planned for and this has been discussed with the person
- Involve family/friends so the person knows they cannot expect treats from other people
- Set clear boundaries and stick to them

No Disappointment:

- Person always gets the food they are expecting which helps to build trust and understanding
- Less anxiety about food due to false anticipation or unfulfilled expectations.

Menu planning

Menu planning checklist

Tick the box if you have achieved each standard

Balanced meals At each meal is there always a food from the following food groups? <ul style="list-style-type: none">• carbohydrates• fruit and vegetables• proteins.	
Carbohydrate foods Is a carbohydrate food offered at each meal? Are wholemeal/high fibre varieties encouraged?	
Protein foods Over the course of the week, does the main meal include a choice of protein rich foods?	
Fruit and vegetables Are 5 portions offered daily in meals and snacks?	
Milk and dairy foods Are 3 portions of milk and dairy foods offered each day?	
High fat processed foods Reduce intake of processed foods such as: <ul style="list-style-type: none">• Chips, pastries, sausages, pizzas, breaded or battered fish or chicken• These foods should be offered no more than once a week.	
Are healthy cooking methods (such as grilling, air frying, baking, boiling or steaming) being used?	
Are low fat and no added sugar varieties of foods and drinks being used?	
Are a variety of drinks being offered each day?	
Are individual dietary needs catered for?	
Are individual preferences and cultural needs catered for?	
Are meals offered at appropriate times? Its usual to eat approximately every 4 waking hours.	
Are set menus changed regularly? They should at least be seasonal.	

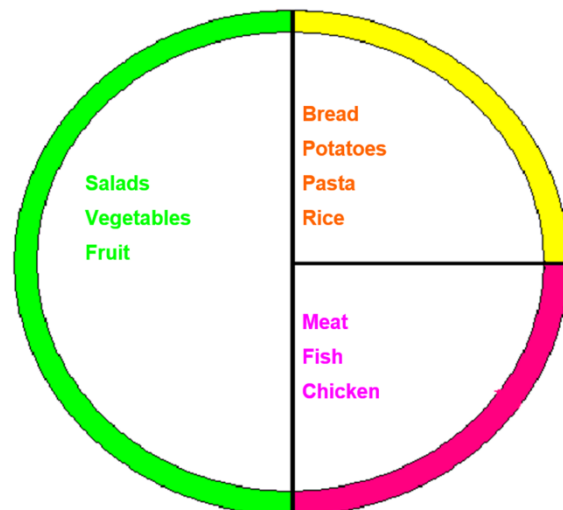
Is the person involved in activities around food and drink? (choosing snacks and meals, menu planning, budgets, shopping, storage, preparation, cooking, table setting, serving and washing up?)	
Do you use appropriate pictures or photos to help understanding if appropriate?	
Is the menu presented in a way that's understood? (large print/pictorial/verbal?)	
Is there an identified member of staff responsible for menu planning?	
Are recipes used daily to provide consistent types of meals?	
Are meals offered in pleasing surroundings? Consider hygiene, light, noise, space	
Are meals (including texture modified) presented attractively?	
Are appropriate utensils used at meals?	
Are meals relaxed and unrushed?	
Is assistance with eating provided where appropriate?	

The five food groups

	Carbohydrate foods	Fruit and vegetables	Milk and dairy foods	Protein foods	Fatty and sugary foods
What's included	Bread and rolls, pitta breads, naan breads, teacakes, cracker biscuits. Potatoes Cereals and oats Pasta Rice Noodles	Fresh Frozen Tinned Dried A glass of fruit juice can also contribute	Milk Cheese Yoghurt and Fromage Frais	Beef Lamb Pork Chicken/turkey Eggs Fish Pulses (beans and lentils) Nuts Soya Tofu	Margarine, butter, oils, oily salad dressings and mayonnaise, cream, chocolate, crisps, biscuits, pastries, cake, puddings, ice cream, rich sauces and fatty gravies, sweets and sugar, sugary drinks
Main nutrients	Carbohydrate Fibre Calcium Iron B vitamins	Vitamin C Folate Fibre	Calcium Protein Vitamin B12 Vitamins A and D	Iron Protein B group vitamins Vitamin B12 Magnesium	Some vitamins and essential fatty acids but lots of fat, sugar and salt
What types to choose	Try to choose wholemeal, wholegrain, brown or high fibre varieties whenever possible. Try to avoid: Frying (eg chips), adding too much fat (thick spreading of butter or margarine), adding rich sauces and dressings.	Eat a wide variety of fruit and vegetables. A glass of fruit juice counts as one portion (no matter how many glasses are drunk per day). Try to avoid: Adding extra fat or rich sauces to vegetables Adding sugar or syrupy sauce to fruit.	Lower fat versions (semi-skimmed or skimmed milk, low fat yoghurts and cheeses). Check and compare the amount of fat by looking at the nutrient information on the labels.	Decrease the fat content by cutting the fat off meat, eating chicken without the skin and fish without the batter. Try to avoid: Processed meats (sausages, black pudding, chicken nuggets) Cooking these foods with fat.	Some foods from this groups will be eaten every day, but should be kept (butter, margarine, cooking oils and mayonnaise) Other foods are occasional foods (crisps, cream, chocolate, biscuits, sweets, sugary drinks).

The meal wheel

Use this meal wheel as a general guide as to how a meal should be split between the food groups at lunch and dinner time.




Meal planning resources

The Caroline Walker trust has more in depth information on nutrition and example daily menus for people with a learning disability:

<https://www.cwt.org.uk/wp-content/uploads/2015/02/EWLDGuidelines.pdf>



Here are some useful websites to help with meal/menu planning:

BDA - Recipes https://www.bda.uk.com/food-health/lets-get-cooking/recipes.html	
Parent Club – Meal Planner https://www.parentclub.scot/mealplanner	
British Heart Foundation – How to meal plan https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/meal-plan	
BDA – Healthy Breakfast https://www.bda.uk.com/resource/healthy-breakfast.html	
BDA – Healthy Eating https://www.bda.uk.com/resource/healthy-eating.html	
BDA – Healthy Packed Lunches https://www.bda.uk.com/resource/healthy-packed-lunches.html	
BDA – Healthy Snacks https://www.bda.uk.com/resource/healthy-snacks.html	
BDA – Eat well spend less https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html	

Session 3: Understanding why we eat

Hunger and Cravings

Physical hunger:

- We feel an empty gnawing feeling in your stomach
- We feel lightheaded after not eating for hours
- We regularly feel hungry at a particular time of day.

Cravings:

- We feel like eating when someone mentions food we like
- We want to eat if we smell aromas from the bakery or chip shop
- We want to eat in response to a feeling.

The question to ask is, is the person experiencing **a craving, or physical hunger?**

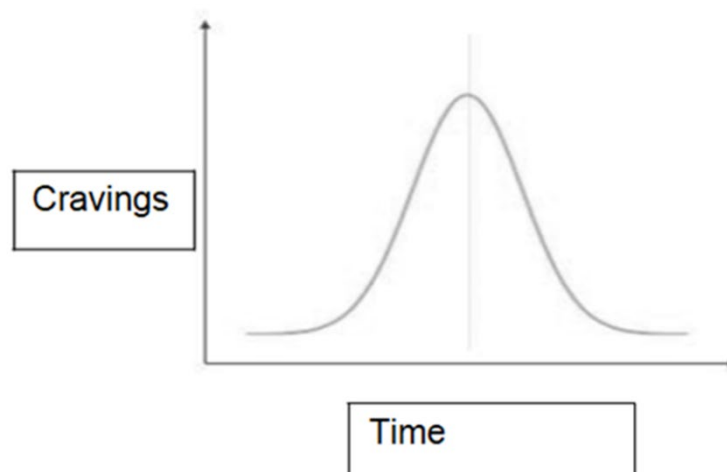
The hunger scale:

Where on the scale?	How hungry?	How do you feel?
1	Over full	Very uncomfortable, nauseous
2	Very full	Somewhat uncomfortable
3	Satisfied	Could eat more but no longer feeling hungry
4	Hungry	Stomach grumbling
5	Very Hungry	Low energy, irritable, distracted
6	Starving	No energy, very weak, dizzy

Avoid being in the red zones - question why do they feel this way?

Aim is to be in the green zones.

The crave wave:



Delay, Distract, Decide

Delay: Support your service user to wait before giving into a craving. After 20-30 minutes the craving should pass

Distract: Help them to distract themselves from food

Decide: Decide what works best for them and write it down/share it with staff team so it can be used in the future

Ideas for distraction techniques:

Tear apart newspapers, photos or magazines	Draw
Dance or exercise	Re-organise your room
Splatter paint	Try something new with your hair
Make a memory box / scrapbook	Paint your nails
Create your own cartoon characters / legends	Design something
Play a musical instrument	Make lists
Do a puzzle	Listen to happy upbeat music
Write a list of your achievements	Visit a friend
Make a list of things you're thankful for	Tidy up a room
Make a wish list	Make a collage from photos or magazines
Go for a walk	Take photographs
Do some gardening	Watch a favourite TV show or movie
Make a playlist for your different moods	Play with a balloon
Drink tea/ coffee	Face paint
Blow bubbles	Paint
Scream out loud to your favourite music	Remember a happy moment and relive it in your head
Look at a book	Look at things that are special to you
Go for a drive	Watch funny videos on YouTube
Talk to a friend	Discover a new band or artist
Go outside and watch the clouds roll by	Plan a future trip
Hug or punch a pillow	Use aromatherapy oils
Plan your dream room	Stretch
Make a list of things that make you smile	Have an 'emergency box' with whatever helps you cope
Watch a make-up or hair tutorial	Feed ducks/birds/squirrels

Session 4: Nutrition

The Eat Well Guide



The second part of this booklet explains the eat well guide in an easy read format so might be useful to use with your service users:

<https://www.cntw.nhs.uk/weight-loss-guide-easy-read/>



You can get even more information here:

NHS – The Eatwell Guide

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



Food Standards Scotland – Healthy Eating

<http://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/healthy-eating-tutorial>



Portion sizes

This link is helpful to see a pictorial approach to portion sizes:

British Heart Foundation – Healthy Living




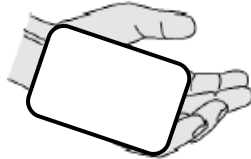

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit/food-portion-sizes>

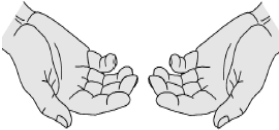






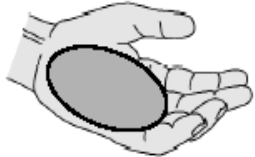

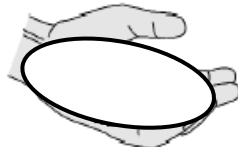
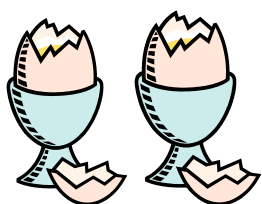


The British Dietetic Association also have more information on portion sizes:

<https://www.bda.uk.com/resource/food-facts-portion-sizes.html>



Food group	Examples	Portion size	Handy measures
Carbohydrates (starchy food) <u>Aim for 6-8 portions per day</u>	Cooked portion of potatoes, rice or pasta, or cereal	150g cooked pasta or rice (2-3 tablespoons) 30g or 3 tablespoons of breakfast cereal or 2 weetabix biscuits 40g or 3 tablespoons of porridge oats 45g of muesli/granola (2-3 tablespoons) 120g of boiled potatoes (2 egg sized) 180g baked potato (with skin)	The size of one fist:  Three thumbs of boiled potatoes:  Clenched fist sized baked potato: 
	Bread	1 medium (40g) slice of bread	Each slice the size of your outstretched hand 
Fats and oils <u>2 portions per day</u>	Butter, margarine or spreads	One teaspoon	The size of the top of your thumb 
	Olive oil or sunflower oil	One teaspoon	
	Low fat mayonnaise	Two teaspoons	

Food group	Examples	Portion size	Handy measures
Vegetables and fruit <u>5 portions of fruit or vegetables per day</u>	Vegetables such as: Sweetcorn, green beans, carrots or broccoli	Three heaped tablespoons of peas, carrots, sweetcorn or mixed vegetables (80g) Half a pepper 7 cherry tomatoes 80g or a cereal bowlful of salad	Two handfuls: 
	Fruit such as: Grapes, blueberries, apples or satsumas	1 medium apple, orange or banana (size of a clenched fist) 10-12 grapes 15-20 berries (80g) Two plums, apricots, kiwis or satsumas	One handful 
	Dried fruit such as raisins and apricots	One tablespoon or 30g	A small handful
Dairy <u>2-3 portions per day</u>	Semi skimmed milk (can be used in hot drinks or cereals)	A glass (200ml/1/3 pint)	
	Cheese	30g of cheese	The size of two thumbs  Or the size of a small matchbox 
	Yoghurt	Three tablespoons	a small pot 

Food group	Examples	Portion size	Handy measures
Protein <u>Aim for 2-3 portions per day</u>	Meat or chicken	90g of cooked meat	<p>The size of the palm of your hand and thickness of your pinkie finger</p>  <p>Or the size of a deck of cards:</p> 
	Fish (oily fish once a week)	140g of cooked white or oily fish or canned fish	<p>The size of your outstretched hand with fingers</p> 
	Eggs	Approximately 120g	<p>Two medium eggs</p> 
	Beans or peas	150g or four tablespoons	<p>a generous handful</p> 
	Nuts	30g or one tablespoon	<p>Cupped palmful</p> 

Food labelling

Text	LOW	MEDIUM	HIGH	
Colour code	Green	Amber	Red	
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	> 17.5g/100g	> 21g/portion
Saturates	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	> 5.0g/100g	> 6.0g/portion
(Total) Sugars	≤ 5.0g/100g	> 5.0g and ≤ 22.5g /100g	> 22.5g/100g	> 27g/portion
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	>1.5g/100g	>1.8g/portion

There is more information on food labelling in the food standards agency tutorial:

<http://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/healthy-eating-tutorial>



And the British Dietetic Association website:

<https://www.bda.uk.com/resource/food-labelling-nutrition-information.html>



Takeaways and Eating Out

- Encourage sharing a meal
- Limit frequency to once a week (maximum)
- Many fast-food places/restaurants and coffee shop chain have nutritional information online so it's worth looking at this before a visit so that healthier choices can be made.

Indian

Indian meals can be healthy if they are based on pulses and vegetables and contain small amounts of meat and oil. Picking out the flavoured meat and vegetables and leaving the excess sauce will reduce the calorie content.

CHOOSE	AVOID
Vegetable or chicken Tikka or Tandoori Madras, Jalfrezi, Dupiaza Boiled rice Chapatis or Roti bread	Beef and lamb Massala sauce Korma, Pasanada, Dhansak Pilau rice Naan or Paratha

Chinese

Chinese food can be healthy when meals contain plenty of rice, noodles and vegetables, small meat portions and use light cooking techniques.

CHOOSE	AVOID
Chicken, prawn or tofu Dishes with added vegetables Boiled rice	Batter Sweet and sour or satay sauce. Dishes with added cashew nuts Fried rice

Italian

The Italian diet is typically healthy as it contains lots of vegetables, lean meat, fish and pasta. Pizza is the main exception to this rule.

CHOOSE	AVOID
Tomato based sauces Thin based pizza Lots of vegetables Tuna Chicken	Cheese or cream-based sauces Deep pan or stuffed crust pizza Pepperoni Meat feast Extra cheese

Fast food

There is very little on the menu here that can be considered healthy but by resisting the urge to supersize it is possible to make lower calorie choices. The calorie content of all their dishes is available in store.

CHOOSE	AVOID
Standard size plain burger Smaller portions of chicken nuggets/fries Salads with no creamy dressing or croutons Diet drinks, milk or fruit juice	Burgers Breaded chicken Sugary drinks or milk shakes Medium / large fries

Chip Shop

Another place where it's difficult to find any healthy option. Try sharing.

CHOOSE	AVOID
Smallest portion of chips Have a roll and eat less chips Fish (take off some of the batter)	Full portions Extra sauces Pies/sausages

Coffee shops

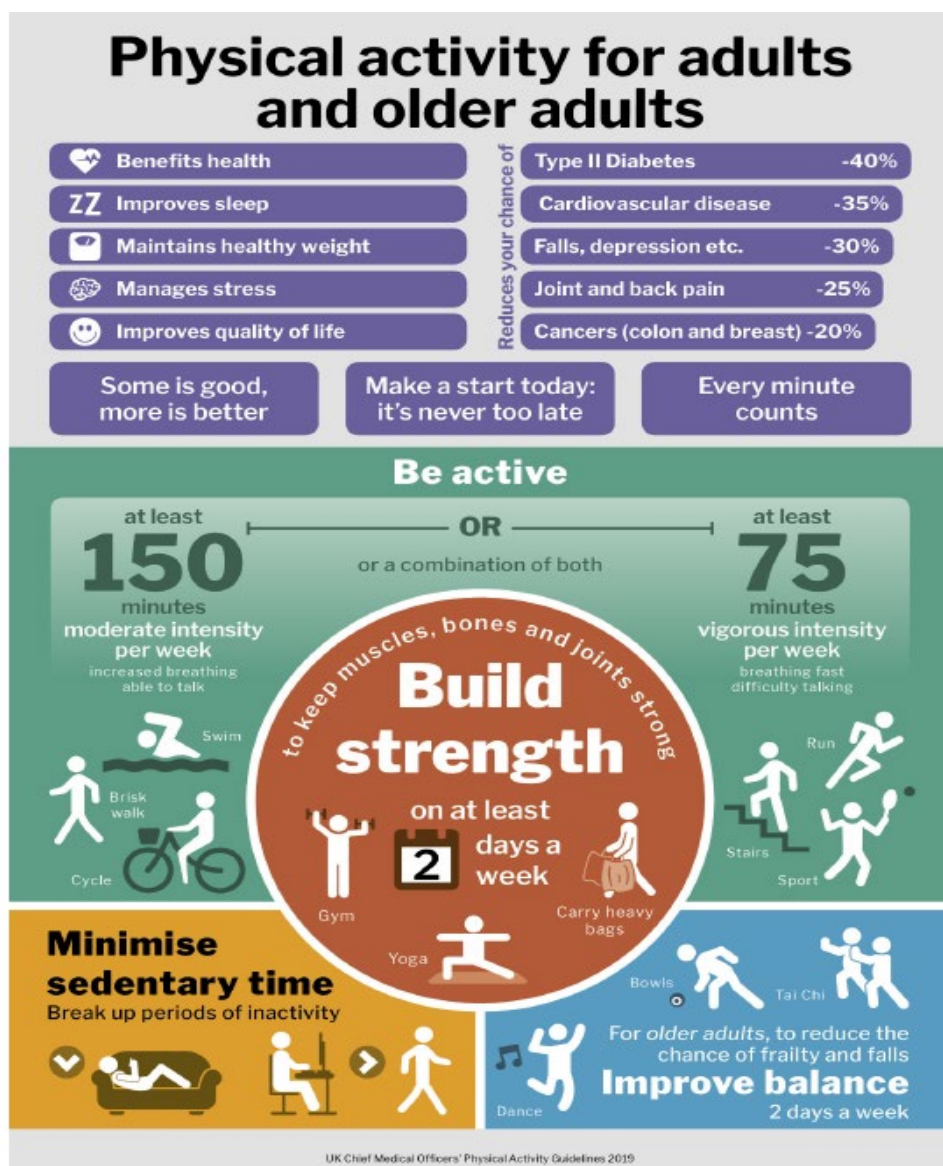
CHOOSE	AVOID
Herbal teas Tea/coffee with skimmed milk Sugar free syrup	Milkshake type drinks Drinks with whole milk Flavoured lemonades Extra cream/toppings

Soft drinks

CHOOSE	AVOID
Water No added sugar drinks Skimmed milk 1 glass (200mls) fruit juice/smoothe per day	Energy drinks Full sugar drinks Full fat milk Milkshakes

Session 5: Working towards balance

Physical activity



Some examples of exercise:

NHS - Exercise <https://www.nhs.uk/live-well/exercise/>



Short dance-based workout:

Beginner 1 Mile Walk

https://www.youtube.com/watch?v=k_SoCdUIBvM



Activity Tick Chart



You can put a sticker or a  on your chart whenever you do some activity to keep you healthy.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Sleep

Sleep Action is a charity that offers advice and support around improving sleep:

<https://sleepaction.org/>



Other resources

BDA Food Fact Sheets: Lots of different fact sheets on fats, sugar, fruit and vegetables, healthy snacks, fibre, fluids etc:

<https://www.bda.uk.com/foodfacts/home>



NHS 12-Week Weight Management Pack:

A training pack designed to encourage healthy eating as a way of life for people with learning disabilities: <https://www.sclد.org.uk/healthy-eating-healthy-living-pack/>



Easy Health:

A collection of easy read health information. Using simple words, clear pictures and films:

<http://www.easyhealth.org.uk/>



NHS Weight Loss Plan app:

<https://www.nhs.uk/better-health/lose-weight/>

