



EAT WELL

**MAKE THE RIGHT
FOOD CHOICES.**

Whether you have a few pounds to lose or just know you shouldn't eat so much junk food, we'll show you how easy it is to change for the better.



ONE YOU
CHESHIRE EAST



THERE'S NOTHING WRONG WITH LOVING YOUR FOOD.

But what you eat and how much is really important for your waistline and your overall health, as being overweight or obese increases your risk of getting Type 2 diabetes, heart disease and even some cancers.

The good news is, there are lots of cheap and easy ways you and your family can eat well every day. In fact, just a few small changes can make all the difference – and we're here to help.

LET'S GET STARTED.

One You Cheshire East has a team of people and a website full of hints, tips and advice to help you discover which foods are better for you, resist those tempting treats and start making simple changes to help you lose weight. Not only will we give you advice and support to eat a healthier diet, we'll help you lose weight, get in shape and feel better, too.

And here's more good news: you can still enjoy the foods you love, but just make a few small changes and smart swaps to help you cut back on the things about them that are bad for you.

EASY – AND CHEAP.

For instance, something as simple as reading food labels more closely when you shop can help you cut down on sugar, salt and saturated fat. Most of us know how important fresh fruit and vegetables are in a balanced diet too, and that we should have five portions (or more) a day.

If you think that means it costs more to eat well, you'll be surprised. It actually costs less – and you don't need to be a budding chef. In fact, our Taste for Life Cookery Courses will help you even if you've never cooked at all!



READY TO MAKE THE CHANGE? TRY A TASTE FOR LIFE COOKERY COURSE!

Taste for Life cookery courses are available to anyone in Cheshire East over the age of 18 who wants to learn to cook from scratch and improve their health by cooking nutritious, balanced meals.

Throughout the six week course, you'll learn:

- How to cook healthy, low cost, nutritional meals from scratch
- Understand food labels and nutritional information
- Prepare correct portion sizes
- How to reduce waste
- How to prepare and forward plan meals
- Understand the different food groups using the Eat Well plate
- Basic food and hygiene practice

All the recipes are nutritionally balanced and all equipment is provided. It's a great way to improve your chances of enjoying a healthy life for longer.

BETTER STILL, IT'S ALL FREE.

You'll find more information about eating well on our website, together with full details of where Taste for Life courses are happening and how to enrol.

To see how else we can help you improve your eating habits, visit www.oneyoucheshireeast.org/eat-well