



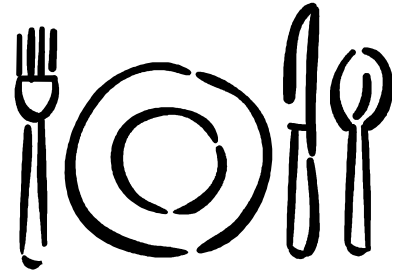
Food 1st

Nutritional Needs

The balance between what we need to eat and what we like to eat can sometimes be a challenge. There is a lot of information about food and nutrition available and not always from reliable sources. Knowing what is best for you to eat is not always easy.

What does 'nutritional needs' mean?

- Everyone has different needs
 - Influenced by age and health
 - Change over time – days and weeks and months
 - Can become a negative focus, a challenge, confusing
- Nutritional needs are a mix of
 - the nutrients we need for well being and energy and
 - the foods that give us social and emotional support
- Good food is important for support people too!



Key Ideas

- Little and often
 - Graze through the day – 6 small meals & snacks
 - Make mouthfuls count
 - Serve food on small plates – 2nds are ok!
- Healthy eating guidelines are not always appropriate
 - Aim for 'nutrient dense' foods – fats and sugars!
- Easy options are ok

Please help yourself to information sheets that you may find useful