

Guidelines on how to use the 'Healthy Eating and Gentle Exercise' diet-sheet with clients

The following is suggested text for use with the diet-sheet 'Healthy Eating and Gentle Exercise'.

As you are reading out the text, point to the appropriate symbol. Many people with learning disabilities have better understanding if verbal speech is supported by signs. If this is the case it is important that you find out the local signs for words that are typed in bold.

Front Page

Suggested text	Suggested actions/gestures
This diet-sheet tells you about healthy eating and gentle exercise.	

Page 1

Suggested text	Suggested actions/gestures
Having these things can make you fat.	Place your hands vertically in front of you and move outwards to indicate 'fat'.
What things do you see on this page?	Point to the symbols in turn and make sure each of the symbols has been identified.
These foods are all high in fat .	Point to the first line.
These foods are all high in sugar .	Point to second line.
Chocolate, biscuits and cake are also high in fat.	
Do you take any alcohol ? Alcohol has lots of calories and can make you fat.	

Page 2

Suggested text	Suggested actions/gestures
<p>Being fat may also cause:</p> <ul style="list-style-type: none">- knee pain- breathlessness - high blood pressure and - diabetes (high levels of sugar in your blood). <p>If you want to stay healthy choose only 2 of these foods weekly.</p> <p><i>Mention that from the list of fatty and sugary food, this person has chosen chips and chocolate. He may decide to have the chips on the Tuesday when he is out with friends and the chocolate on Friday when he is sitting watching TV. What is important is that he is only choosing 2 of the fatty and sugary foods in a week. If required, you may wish to support this information with an exercise and treat chart, which is given at a later visit.</i></p>	<p>Rub your knee. Place your hand on your chest and inhale/exhale deeply. Act out a cuff being placed on your arm and the balloon being compressed and decompressed. Raise your hand as you say 'high' blood pressure.</p> <p>Raise your hand for 'high'.</p> <p>Point to the red cross and refer back to the first page, then return to page 2.</p>

Page 3

Suggested text	Suggested actions/gestures
<p>Choose these things to stay healthy. What things do you see on this page? Which of these things do you eat?</p> <p><i>Use this as a rough guide to check that the client is having food from each of the main food groups. You may also wish to ask more detailed questions, for example:</i></p> <ul style="list-style-type: none">- what vegetables do you eat?- what type of bread do you buy?	<p>Give the 'thumbs up' sign and point to the symbols in turn, making sure each of the symbols has been identified.</p>

Page 4

Suggested text	Suggested actions/gestures
<p>To be really healthy, choose low-fat and sugar-free options. For example, instead of full-fat milk, choose semi-skimmed milk; instead of sugary drinks, choose sugar-free drinks.</p> <p>What milk do you buy? What juice do you drink?</p>	<p>Point to the drinks on the right hand side of the page and give a 'thumbs up' sign.</p> <p><i>If they are taking the wrong drinks suggest a change, if they are taking the right drinks give them praise.</i></p>

Page 5

Suggested text	Suggested actions/gestures
<p>For good health have three meals a day.</p> <p>That means taking a breakfast, a main meal and a light meal. <i>If the client is fairly able you may wish to go into more detail about the meals, as indicated below.</i></p> <p>When do you have your main meal of the day; in the middle of the day or early evening? Did you know it is better for your health to have your main meal in the middle of the day? Food gives you energy and all the energy from your main meal can be worked off by your afternoon activities.</p> <ul style="list-style-type: none"> - If you have a large meal at night you are less able to work off the energy from the food as we are less active at night. Instead the energy is changed into fat. - If you must have your main meal in the early evening what activity can you think of doing to help you work off the energy from the food you have eaten? 	<p>Hold up three fingers (back of hand towards the client).</p>
<p>Have no more than 3 snacks a day.</p> <p>Healthy snacks are a piece of fruit, a slice of bread or toast, or a low-calorie yoghurt.</p>	<p>Hold up three fingers (back of hand towards the client). Point to each snack as you mention the name and give the 'thumbs up' sign.</p>

Page 6

Suggested text	Suggested actions/gestures
<p>Gentle exercise and activities can also help you stay healthy. Try walking, swimming, dancing and housework.</p> <p>Which activities do you do? Which activities do you want to do?</p> <p>Try to be active for 30 minutes every day. <i>Mention that everyone should be working towards this.</i></p>	<p>Give the 'thumbs up' sign.</p> <p>Swimming – act out breast stroke. Dancing – bend arms at elbows and move torso back and forwards. Housework – act out dusting and vacuum cleaning.</p> <p>If appropriate draw or write their suggestion in the space provided. <i>If the client mentions a strenuous exercise, for example the gym highlight that they should see their doctor.</i></p> <p>Show 30 minutes passing on an available clock/watch. To help the client with recall you may wish to use an exercise and treat chart at a later visit.</p>

Please note that the **Exercise and Treat Chart** and the **picture board symbols** can be freely photocopied for use with clients, but these guidelines and the accompanying diet-sheet **Healthy Eating and Gentle Exercise**, must **NOT** be reproduced in any format, as they are copyright.

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