Eating well

Eating well during the coronavirus emergency

This document was written by **Public Health Wales**. It is an easy read version of **'Coronavirus – eating well'**.

April 2020

Eating well at home

Life is very different at the moment because of coronavirus. You might be eating differently. Has this changed for you?

Why eat well?

Lots of people find eating well can help to:

- Have more energy

- Feel better

- Keep at a healthy weight

- Lower your chance of getting health problems

If you want to lose weight eat healthily, do not try strict diets.

What you can do to eat well

There are lots of things people in Wales have tried to help them eat well.

Plan what you are going to buy.

Only buy what you need. Try not to buy extra things.

Try and eat different foods that are healthy. Use the **eatwell** plate to help you. You can see it here: https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Eat plenty of fruit and vegetables.

Try not to eat too many sugary snacks and sugary drinks.

Keep to your usual mealtimes.

Try cooking some meals yourself or get the person you live with to help you.

Eat the right amount of food. If you are eating more than usual, try a smaller amount of food.

Taking vitamin D tablets can help. We usually get a lot of vitamin D from being outside in the sun. But now we are spending more time inside.

Some people might find it hard to get enough food.

To find your nearest food bank go to: www.trusselltrust.org/get-help/find-a-foodbank/

or
https://fareshare.org.uk/getting-food/

To find out if you can get healthy start vouchers, or to apply for healthy start vouchers, go to: www.healthystart.nhs.uk

Families with children who are able to get free school meals can find out how to get support from their local authority: https://gov.wales/find-your-local-authority

More information

Eatwell guide
Information about food and recipes to try:
https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/

NHS Direct Wales
Easy read information on health. See Food and Drink:
www.nhsdirect.wales.nhs.uk/easyreads/
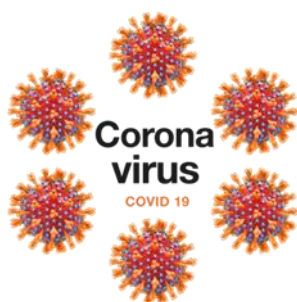
You can find the latest information about coronavirus on the **Public Health Wales** website:
https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/.

This information is in easy read. It is from the **Public Health Wales** website:
https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/keeping-physically-well/eating-well-at-home/what-you-can-do-to-eat-well/

The Easy read has been written by **Easy Read Wales** for **Public Health Wales** using **Photosymbols.**