

SUPPORTING A BALANCED DIET IN SOCIAL CARE

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Over the last two months, I have been coaching staff on healthy eating and how this might translate into our Nellsar Homes.

A healthy balanced diet should include:

- A good quality protein
- A serving of a complex carbs
- A plate mostly made up from vegetables or salads
- Eight glasses of water a day
- Very limited sweets, crisps and other processed foods

The [**Eat Well Guide**](#) is a well-recognised resource which gives guidance on how a balanced plate should look.

According to the **British Dietetic Association**, a healthy balanced diet is the dietary advice given to those living with Type 2 Diabetes.

Our **Nellsar Homes** are currently being coached on how to easily provide **healthy options at**

mealtimes and snack times.

This **new Nellsar initiative puts a green tick next to the healthy options on our menu cards and next to the healthy options on our tea trolleys.** This is an easy and simple way of showing people the options that are available to them, and it is available to anyone wishing to make a healthier choice.

Diabetes has been a confusing topic for many in social care over the years as the guidance has been unclear until now. We are lucky enough to have simple guidelines to follow from the British Dietetics Association (BDA) whilst still putting our residents' choices and wellbeing at the heart of everything we do.

[Eatwell_guide_colour.pdf](#)

[Diabetes-Type-2-food-fact-sheet.pdf](#)