Good nutrition and balanced diet

A healthy, balanced diet combined with plenty of fluids and an active lifestyle can dramatically improve health and well-being. A healthy, balanced diet is an important step towards good health. It reduces the risk of getting a large number of diseases.

Being over, or under, weight can have serious consequences and put strain on your body's other systems. And even if your weight is not a problem having a badly-balanced diet will put your overall health at risk. Good nutrition also improves mood and general well-being.

As we get older sometimes it can feel more difficult to eat well.

Does this sound like you, or someone you know?

- Do you find it difficult to get to the shops to buy food?
- Do you have little or no food in the fridge or cupboards?
- Do you struggle to prepare meals and snacks?
- Have you lost interest in cooking?
- Do you eat alone most of the time?
- Do you forget to eat or often not feel like eating?
- Do you forget to drink or not feel like drinking?
- Have you lost weight recently or found your clothes and jewellery fit more loosely?
- Do you find it painful to chew or swallow?
- Do you find food tastes or smells differently these days?

These factors may be signs that you or someone you know is at risk of not getting a healthy and nutritious diet. But there are plenty of resources to help you do so. We've listed some below.