

Well Leg Service

A service for patients who have been treated for leg ulcers, by the Lower Limb Therapy Service, to help maintain healthy legs.

Blackdown



ARE YOU EATING AS HEALTHILY AS YOU CAN?

The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

Fruit and Vegetables

Most of us are not eating enough fruit and vegetables. They should make up a third of the food we eat each day. Aim for at least 5 portions a day and choose from fresh, frozen, tinned and dried.

A portion is roughly what can be fitted into the palm of your hand. Fruit and vegetables are a good source of vitamins, minerals and fibre.



Starchy foods

Starchy foods should make up just over a third of the food we eat. Choose higher fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave the skins on potatoes. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



Proteins

Eat some beans, pulses, fish, eggs, lean meat and other protein, e.g nuts each day. These foods are also good sources of vitamins and minerals. Pulses are good alternatives to meat as they are lower in fat and higher in protein and fibre. If you can, eat 2 portions of fish a week, 1 of which should be oily like salmon or mackerel.



Milk and Dairy Foods

Milk, cheese, yoghurts and fromage frais are good sources of protein, some vitamins and calcium. Try to choose lower fat and sugar options and choose some non-dairy alternatives too like soya drinks and yoghurts.



Fats and Spreads



Choose unsaturated options, eg vegetable, sunflower, rapeseed and olive oil and use sparingly.

Foods high in fat and sugar



Foods such as sweets, cakes, biscuits, crisps, fizzy drinks are not needed in our diet so try to eat less often and in small amounts.

Fluids



Try to drink 6-8 glasses a day. Water, low fat and low sugar drinks count as do tea and coffee.

Blackdown Community Opportunities

Current as of May 2022

Blackdown Support Group - local charity offering a range of services including information on social opportunities plus community transport to help you get around.

Phone: 01823 681036

Email: d-ccg.bsgadmin@nhs.net

Website: www.blackdownsupportgroup.org.uk

Blackdown Healthy Living and Activity Centre - community centre offering a wide range of services and activities to support and promote the health and wellbeing of people in the Blackdown Hills

Phone: 01823 680627

Email: centre@bhlac.org.uk

Website: www.bhlac.org.uk

Local Parish information

Culmstock - www.culmstock-pc.org.uk

Hemyock - www.hemyock.org

Dunkeswell - www.dunkeswell-pc.gov.uk

Luppitt - www.luppittparishcouncil.co.uk

Clayhidon - www.clayhidon.org.uk

Upottery - www.upottery.com

How to keep my legs healthy:

- Keep wearing your compression hosiery.
- Check your legs and feet regularly and get in touch if you notice any changes. Phone 01823 680206.
- Walk regularly to exercise your calves.
- Rotate your ankles while you are sitting to stimulate the circulation to your legs.
- Put your feet up.

- Wash your legs in warm water and apply emollient daily.
- Get out outside when you can to soak up Vitamin D, enjoy your surroundings and feel part of the world.
- Eat a healthy balanced diet.
- Investigate local opportunities for joining a group/club.
- Plan your days so you have a good routine to your week.

Sources:

www.nhs.uk/conditions/leg-ulcer/prevention

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide

Is there anything in this leaflet you would like to discuss?

Ask yourself:

What matters to me?

What do I want to do more of to live well?

Connect with other people

Be physically active

Learn new skills

Give to others

Pay attention to the present moment

Contact:

Julia Hammond

Health and Wellbeing Coach

Well Leg Service

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The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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