



For safe food and  
healthy eating

# **EatWellYourWay.Scot**

**Practical tips and advice about  
working towards a healthier diet**

March 2024

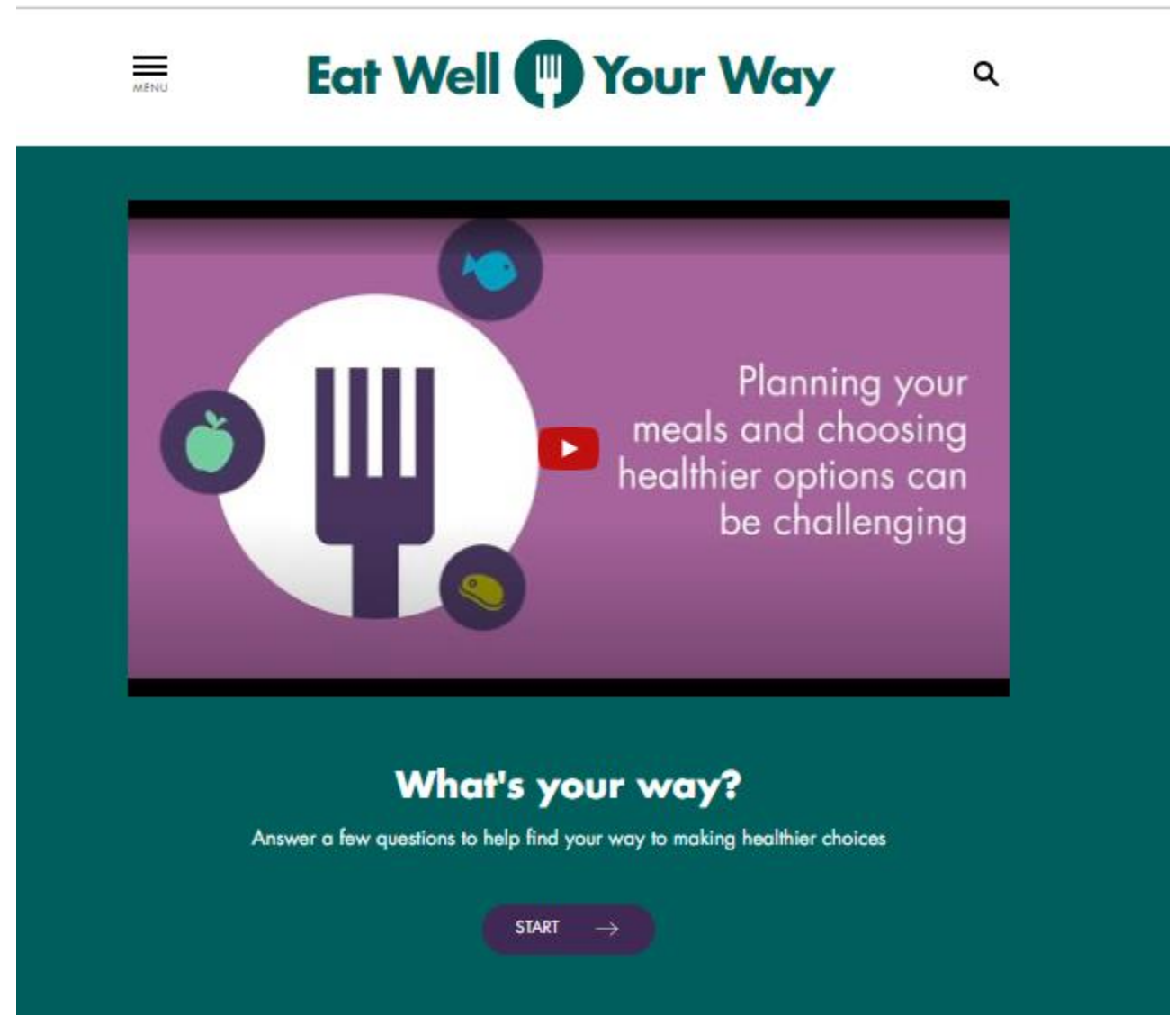


## About Eat Well, Your Way

Poor diet and related health issues continue to be a problem in Scotland. In 2021, 67% of adults were living with overweight or obesity.

Dietary intakes fall short of the majority of the Scottish Dietary Goals (SDG), with little improvement towards achieving them over the past 20 years.




We created a digital resource called '[Eat Well, Your Way](#)' to deliver evidence-based healthy eating advice to the public. The guide is designed to help people make small, manageable changes to their diet, including tips for shopping, cooking and eating out.





## Using Eat Well, Your Way

- There's no 'right' way to use Eat Well, Your Way, it can be used in any way that is useful to you
- Find out about the MAP behaviour change approach used by the NHS
- You will find three main sections:
  1. Shopping – Information about planning and shopping and how to get the most from their money and the food environment
  2. In the kitchen – Advice and tips on equipment and ingredients to keep in the kitchen and how to cook in ways that are cheaper and healthier
  3. Eating out – Most of us buy and eat out of the home regularly, so in this section we give some tips on how to make small changes to your habits that could make a big difference
- It's all about making small manageable goals

 <h3>Shopping</h3> <p>Planning and shopping are good places to start making some healthier choices.</p>	 <h3>In the kitchen</h3> <p>Small manageable changes can be made in the kitchen to fit around your life.</p>	 <h3>Eating out</h3> <p>These days we eat out and have food delivered more than ever, some small changes to your usual habits could make a big difference.</p>
--	---	---



## Sharing the resource

We would like your help to share information about this resource with the people of Scotland. To do this we've created some resources that can be downloaded from our website:

- [Social media posts](#)
- [Graphics](#)
- [Website and email text](#)
- [Videos](#)





## Find out more

- Visit [Eat Well, Your Way](https://EatWellYourWay.Scot) (EatWellYourWay.Scot) to find out about it can help you and your clients
- If you would like more information about the resource or have any questions about it, please contact us at [dietpolicy@fss.scot](mailto:dietpolicy@fss.scot)
- For more information on the research done by Food Standards Scotland into the Scottish diet and how to improve it, please visit the [FSS website](#)
- To be kept up to date with Food Standards Scotland nutrition news, please sign up below
  - [Register for updates](#)
- Follow Food Standards Scotland on social media:
  - [Twitter/X](#)
  - [Facebook](#)
  - [LinkedIn](#)

**Eat Well  Your Way**