Devon in Sight Health and Wellbeing Fact Sheet 2

Healthy Eating

Introduction

Eating a healthy, balanced diet is important for your eyes.

Nutrition and eye conditions

Eating plenty of vegetables and fruit will benefit your overall health and may help protect against some conditions, such as cataracts and age-related macular degeneration (AMD).

Losing weight or maintaining a healthy weight means eating the right foods in the right amounts and exercising regularly.

NHS: A healthy, balanced diet https://www.nhs.uk/live-well/eat-well/

OneSmallStep

Is the service set up and funded by Devon County Council to guide and support you through small steps to change. By looking at the process in small steps, we believe it can be much more achievable!

OneSmallStep offers support when and how you need it with information, advice and guidance available online, by telephone and through coaching so you can start making small changes to feel healthier today.

What to do next?

OneSmallStep: Call the numbers below to speak to a trained counsellor. 0800 298 2654 https://onesmallstep.org.uk

If you need any further advice call our Helpline: 01392 876 666

Devon in Sight is a member of the **Helpline Partnership Community.**

Further Support Available from Devon in Sight

Devon in Sight offers a range of holistic services for anyone affected by sight loss, who either live in or work across Devon. We can provide support to people who are blind or partially sighted, their families, friends and carers.

Our Sight Loss Services focus on four key areas, **Information, Advice and Guidance (IAG)**, **Independent Living**, **Health and Wellbeing**, and **Influencing Change** (Making the world a better place for people with sight loss).

Information Disclaimer

Devon in Sight is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets the needs of people who are blind or partially sighted and their family and friends.

Devon in Sight is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

Devon in Sight will not accept liability for any loss or damage or inconvenience arising as a consequence of any use of or the inability to use any information resources that it provides. People who use our Information Resources and rely on any information do so at their own risk. Devon in Sight does not represent or warrant that its Information Resources are accurate, complete or up to date.

Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

Devon in Sight Contact Information

Devon in Sight
Your local sight loss charity

Helpline 01392 876 666
www.devoninsight.org.uk
enquiries@devoninsight.org.uk

Devon in Sight is a Registered Charity No 1140978

Version: HW2 2023 V4