



Think about ...



# Eating Well

I HAD MORE  
ENERGY  
WHEN I  
WATCHED  
WHAT I ATE

IT'S HARD  
TO CUT DOWN  
EATING CRISPS  
AND  
SWEETS

**STOP THE  
HUNGER**

with wholegrain  
breakfast cereal,  
wholemeal or  
wheaten bread or,  
brown rice

**YOU CAN  
MISTAKE THIRST  
FOR HUNGER!**

What we eat impacts on our health. It is important to eat a wide variety of foods to get the nutrients we need. The eatwell plate shows the five food groups and the proportions of each we need to eat to achieve a healthy, balanced diet.

# Think about ... **Eating Well**



**Eating well**  
is one of the most important  
things we can do to stay healthy.



## **Remember!**

- Always have breakfast
- Eat fruit and vegetables - at least five portions a day
- Base meals on foods like bread, potatoes, rice or pasta
- Eat moderate amounts of red meat, eggs, beans and other non-dairy sources of protein.
- Try to eat fish more often, including one portion of oily fish each week
- Choose lower fat versions of milk and dairy foods
- Eat fewer burgers, sausage rolls, chips, pastry, crisps, cakes, biscuits, chocolate, and desserts.
- Drink plenty of water

***Have a look at these websites for tips on healthy eating***

[www.enjoyhealthyeating.info](http://www.enjoyhealthyeating.info) - information on nutrition and healthy eating

[www.nidirect.gov.uk/advice-on-healthy-eating](http://www.nidirect.gov.uk/advice-on-healthy-eating) - advice on healthy eating

[www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx) - tips for healthy eating

[www.safefood.eu/Consumer/Healthy-Living/Eating-Well/What-is-a-balanced-diet-.aspx](http://www.safefood.eu/Consumer/Healthy-Living/Eating-Well/What-is-a-balanced-diet-.aspx) - find out more about a balanced diet

[www.teenagehealthfreak.org/topics](http://www.teenagehealthfreak.org/topics) - click 'Weight and Eating' to find out about healthy eating