



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 - information on nutrition and healthy eating

www.nidirect.gov.uk/advice-on-healthy-eating - advice on healthy eating

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 - find out more about a balanced diet

www.teenagehealthfreak.org/topics - click 'Weight and Eating' to find out about healthy eating