



Healthy food

'Good health is above wealth'.



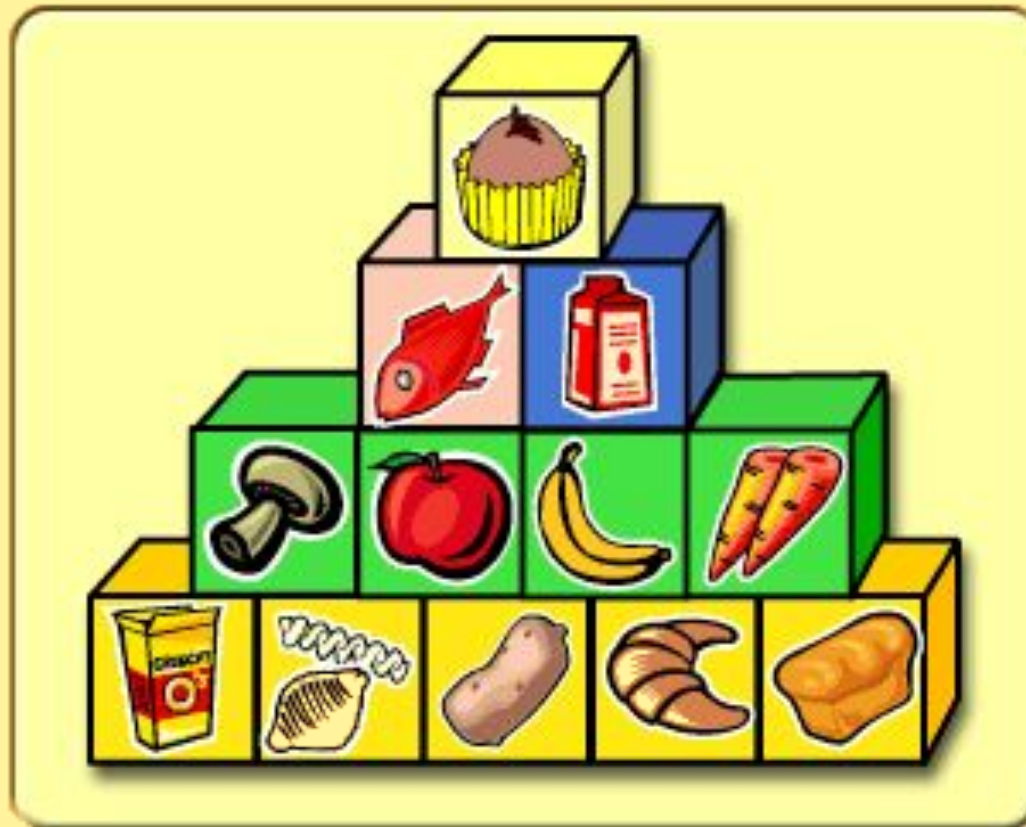
Food Facts-The balance of good health

Food can be divided into different groups. We need to eat from each of the groups to stay healthy.



Food Facts-Getting the Balance Right

It is important that we eat the right amounts of food from each of the groups. It's a bit like building blocks - we have to balance the blocks carefully to make sure we get the correct nutrients, otherwise the body will not work properly.



What Do Nutrients Do ?



CARBOHYDRATES

- ❖ Potatoes
- ❖ Pasta
- ❖ Cereal
- ❖ Rice
- ❖ Bread
- ❖ Noodles



You can increase your carbohydrates by:

- ❖ always having a breakfast
- ❖ having thick sliced toast like whole grain bread
- ❖ eating brown rice or pasta
- ❖ having boiled potatoes rather than chips which are cooked in fats



VITAMINS and MINERALS

FRUITS



- ◆ Apples
- ◆ Bananas
- ◆ Grapes
- ◆ Peaches
- ◆ Strawberries
- ◆ Oranges
- ◆ Kiwi

VEGETABLES



- ◆ Peas
- ◆ Carrots
- ◆ Onions
- ◆ Cabbage
- ◆ Spinach
- ◆ Cauliflower
- ◆ Lettuce
- ◆ Turnip
- ◆ Broccoli

You can increase your vitamins and minerals by:

- ◆ drinking a glass of pure fruit juice with breakfast
- ◆ eating fruit rather than sweets as a snack
- ◆ having a fruit salad for dessert
- ◆ eating two servings of vegetables or salad for your evening meal



CALCIUM



- ◆ Milk
- ◆ Cheese
- ◆ Yoghurt
- ◆ Fromage frais

You can increase your calcium by:

- ◆ taking a cereal for breakfast with extra milk
- ◆ having a yoghurt after your evening meal
- ◆ adding a matchbox size piece of cheese to your pack-lunch box



PROTEIN

- ◆ Chicken
- ◆ Lentils
- ◆ Beans
- ◆ Meat
- ◆ Soya
- ◆ Fish
- ◆ Eggs



You can increase your protein by:

- ◆ choosing lean meat or chicken
- ◆ eating at least two servings of fish a week
- ◆ having beans or lentils with meat or as a meat free meal



FATS and SUGARS

FATS

- ◆ Cheese
- ◆ Margarine
- ◆ Whole Milk
- ◆ Butter
- ◆ Fat on Meat and Poultry



HIDDEN FATS AND SUGAR

- ◆ Cake
- ◆ Sweets
- ◆ Biscuits
- ◆ Ice-Cream
- ◆ Crisps
- ◆ Fizzy Drinks
- ◆ Fast Foods - Chips, Fried Rice



CHOOSING the RIGHT FOOD

Think Before You Eat!

We need to make sure we eat a balanced diet so that the body gets all the nutrients it requires.

By making just a few small changes to what we eat, we can help our body grow, and protect it against future illness.

Remember we are what we eat - so think before you eat!



REMEMBER !

Breakfast is the most important meal of the day.

It helps replace energy your body uses while sleeping.

Breakfast suggestions:

- ◆ **cereal with milk and chopped bananas**
- ◆ **experiment with eating different types of bread, brown wholegrain bread, French bread, Naan, Ciabatta or plain bagels**
- ◆ **freshly squeezed fruit juice**



DID YOU KNOW ?

- ❑ 70% of the body is made up of water. We should drink between 8-10 cups of water a day. More when we exercise or in hot weather.
- ❑ Carbohydrates contain lots of fibre which helps the body get rid of waste products.
- ❑ You should eat at least 5 portions of fruit and vegetables a day. Remember frozen, canned food fruit and vegetables can count as well.
- ❑ The body renews every one of its cells once every week - so it's important to take enough sleep so the body can restore itself.
- ❑ Cans of fizzy drinks can contain between 6 - 7 $\frac{1}{2}$ teaspoons of sugar.



THE END

