



Food for fun and fitness!

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Food facts

Eating a varied and balanced diet can help to keep you healthy. Food provides your body with the energy it requires for all growth and repair and for normal body functions like our heartbeat and breathing, and for activities such as jogging, riding a bike, rollerblading or playing rugby.

All foods fit into one of the five groups below. You need to eat the right amount from each of the groups to provide the body with the nourishment it needs to stay healthy.

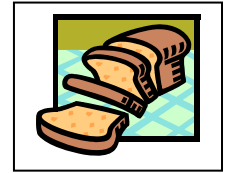
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Sources

www.lifebytes.gov.uk
British Nutrition Foundation
www.vegetariansociety.org.uk
www.childrenfirst.nhs.uk
BBC Northern Ireland – it's up to you.

Date: Exercise diary	Day	Activities i.e. swimming,	Time taken
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

Getting the balance right!



The five different groups are listed below:

Bread, cereals and potatoes

Foods from this group are good sources of starchy carbohydrate and are found in many types of food such as:

Bread, breakfast cereals, rice,
pasta, pizza base, oats,
yams, noodles, chapattis, potatoes.

Carbohydrates should form the main part of your meal as they are filling, low in fat and provide lots of nutrients such as iron, calcium, B vitamins and fibre. They are also a good source of energy which is particularly useful when you're exercising, as this is when you use up lots of energy. You can replace the lost energy by eating foods rich in carbohydrates and drinking lots of water.

You should aim to have at least 6-14 servings per day.

1 serving = any of these:

- 1 slice of bread (preferably wholegrain or wholemeal)
- 1 chapatti
- 1 medium sized potato
- 1 piece of yam or sweet potato
- 3 tbsp breakfast cereal

Tips: Try not to have too much fat or oil with these foods, e.g. baked or boiled potato instead of chips.

Try to choose wholegrain or wholemeal breads, pasta and brown rice as they provide more fibre than white varieties.

Fruit and vegetables

Fruit and vegetables are good sources of fibre and also provide many types of vitamins and minerals which are beneficial as they protect your body from illnesses. Foods from this group can include:

All vegetables, raw, cooked, frozen and canned

Leafy green vegetables like cabbage, spring greens, spinach, broccoli, cauliflower. Vegetables like carrots, parsnips, salad.

All fruits, raw, cooked, frozen and canned

large fruits like grapefruit, pineapple, melon.

Apples, oranges, bananas, pears.

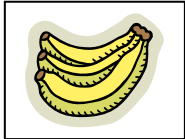
Grapes, cherries, strawberries, raspberries.

Fresh fruit salad.

Canned fruit like peaches, pears, fruit cocktail.

Dried fruit like raisins, apricots, figs.

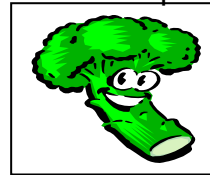
Pure fruit juice.



To get the most benefit, try to eat a variety of fruit and vegetables as they contain a different mix of fibre, vitamins such as vitamin C and vitamin A and have useful amounts of minerals like iron, potassium and calcium.

Make sure you follow these tips before you get ready to exercise:

- ✓ If you feel pain or feel exhausted during exercise – **stop!** You could be overdoing it or end up hurting yourself.
- ✓ Don't eat an hour before or after you exercise
- ✓ Don't exercise if you are ill or feel very tired.
- ✓ Drink lots of water before during exercise. The body loses a lot of water through sweat which needs to be replaced.
- ✓ Do some gentle warm up exercises before and after exercise to help relax the muscles and prevent any strains.



Whilst reading this information, you may have found things you would like to change. Why don't you write down changes you would like to make this week by completing the exercise diary on the next page. Try to make gradual and small changes at a time.



If exercise does not look appealing, why don't you follow these tips to make exercise more fun.

- ➔ Play outdoor games on the school grounds at break time like football or netball.
- ➔ Exercise with your mates! Join a football or netball team. This is a great way of making loads of new friends and its lots of fun too!
- ➔ When at home, try going for a walk with someone in the family or maybe dancing around your bedroom to your favorite CD.
- ➔ Think about other ways of getting exercise for example, walking up stairs instead of using the escalator or lifts or getting off the bus one stop early.

Remember, you don't have to be a brilliant athlete to exercise!

There are many types of fruit and vegetables to choose from and you should try to have at least 5 portions of fruit and vegetables a day.

One portion = any of these:

- 2 medium plums or 1 medium banana
- 3 tablespoons of vegetables i.e. peas, carrots
- 1 cereal bowl of salad
- A glass of 100% fruit juice.

Tip: Foods from this group can be a good way of filling a gap before dinner and a good snack if you're on the move!

Milk and dairy foods

Foods which can be included in this group are:



Milk (whole, semi-skimmed or skimmed),
cheese, yoghurt, fromage frais, calcium fortified Soya alternatives
to milk.

Milk and dairy products are a good natural source of calcium. Calcium is a mineral that helps to strengthen your bones and teeth and also helps the nerves and muscles in the body to work. The foods in this group also provide zinc, protein which is required for growth and repair, vitamins such as B12, B2 and vitamin A.

You should try to have at least 2-3 servings per day which can include any of these:

200ml glass of milk,
150g small pot of yoghurt,
30g cheese (matchbox size).

Try to eat or drink low fat versions of these foods whenever you can for example, semi-skimmed or skimmed milk, low fat yoghurt and reduced fat cheddar. Low fat varieties have as much calcium as higher fat varieties.

Meat, fish, poultry and alternatives

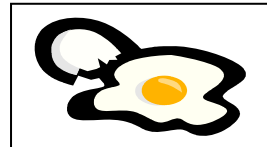
Foods from this group can include:

Meat - beef, pork, bacon, lamb.
Poultry - chicken, turkey.
Fish - fresh, frozen and canned.
Liver and kidney.

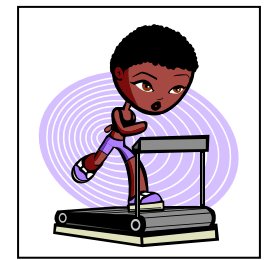


Non meat alternatives:

Eggs, nuts.
Beans and lentils - baked beans, chickpeas.
Red and green lentils.
Soya mince.



Getting fit!



Why do we need to exercise?

Exercise can make you feel better both physically and mentally by:

- helping your heart work more effectively
- expanding the lungs
- helping to keep you at a healthy weight
- boosting energy, making us more alert
- releasing chemicals called 'endorphins' which makes us feel happy
- making us fitter and improving our performance
- helps to tone and firm our muscles, making our bodies look and feel better
- helping waste products leave the body quicker
- helping us to sleep better.

How much exercise should I do?

Try to do an hour of some type of exercise a day, like walking, running, playing football, skate boarding, dancing or swimming. If you are not normally very active, try to build up slowly, starting with 30 minutes of exercise a day. You do not have to do the 60 minutes all in one go, as you can split the 60 minutes into ten minute chunks.

Try to have at least one portion of vegetables with my main meal.

- Try to have a small bowl of salad with my meal.
- Try to add some tomatoes, lettuce, and cucumber to my sandwich.

Can you think of any changes you can make? Note down your thoughts!

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Meat, fish, poultry and alternatives are good sources of protein, B vitamins like B12, minerals like iron, zinc, magnesium and fibre.

You should try to have 2 portions of these foods every day.

One portion = any of these:

- 3oz meat, chicken or fish,
- 2 eggs,
- 6oz pulses (cooked).

Tips: When cooking meat, fish or poultry, try low fat cooking methods e.g. grill, poach, steam or stew.

Include oily fish like salmon, sardines and mackerel at least twice a week.

Fatty and sugary foods

Foods containing fat gives the body energy for growth, but you only need a small amount as too much can be bad for you.

Foods containing sugar is not an important part of our diet and we can, in fact, live without them. These foods do not contain many minerals or vitamins and can increase the risk of tooth decay as well as leading to weight gain. So try to have small amounts.

Foods from this group which should be eaten and used sparingly:



Butter, margarines, low-fat spreads, olive oil, sunflower oil and other cooking oils, mayonnaise and salad dressings.

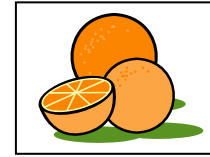
Foods that should be eaten in small amounts and not too often:

Ice-cream, pastries, puddings, chocolate, sweets, biscuits, cakes, crisps and sugary drinks.

Tips:

Try to eat low-fat versions of these foods like reduced fat salad dressings instead of mayonnaise and thick cut oven chips instead of thin cut French Fries.

Try some low fat snacks for example, fruit, vegetable sticks, dried mixed fruit, unsalted nuts.



Healthy eating changes!

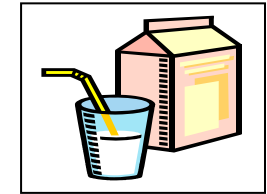
Below is a list of healthy eating ideas for you! Tick the boxes which you are going to do and once you've made one change for a couple of weeks, choose another idea.

- Eat fruit for a snack instead of chocolate or crisps.
- Try to eat breakfast like cereal or toast every morning.
- Drink water or milk instead of fizzy sugary drinks.
- Eat 3 times a day so I don't need to snack on junk food.
- Eat fruit, vegetables sticks, unsalted nuts, seeds instead of sweets.

Food diary

	Snacks	Tea	Snacks	Dinner	Snacks	Breakfast
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Other tips for staying healthy!



Drink up!

Feeling thirsty during the day is a sign of dehydration which can lead to headaches and constipation. The amount you need to drink is different for different people and also depends on your age.

It is recommend that you drink at least 6-8 glasses of fluids or two litres a day, preferably water. You will need to drink more if you're exercising because this is when your body loses a lot of water through sweat.

Try to cut down on sugary drinks as they tend to be low in nutrients, high in sugar which can damage your teeth and can lead to weight gain. If drinking water does not look appealing, why don't you give flavored bottled water, semi-skimmed or skimmed milk, unsweetened fruit juice or water with a bit of low-sugar squash a go?

Pump up your iron!

If you don't have enough iron in your diet, it could possibly lead to anemia which means the blood cannot transport enough oxygen around your body. This could make you feel tired, irritable and have difficulty in focusing. Iron is an important mineral as it helps the blood to carry oxygen around your body and keeps red blood cells healthy. It is particularly important for girls as iron needs increase a lot once their periods start.

Iron can be found in red meat such as beef, pork and lamb and also in non-meat sources such as fortified breakfast, green leafy vegetables, lentils, nuts, pulses, bread, dried fruit and pumpkin seeds. The body doesn't absorb iron quite as easily from non-meat sources but you can improve absorption if foods containing vitamin C are eaten at the same time with meals containing iron, for example, having a glass of orange juice with your breakfast or a serving of vegetables with a meal. Tea can reduce the amount of iron absorbed so it's better to have a glass of orange juice.

Big breakfast!

Breakfast is important as it can help to get you off to a great start and provide you with lots of the vitamins and minerals you need every day. It's best to munch on breakfast cereals that are high in complex carbohydrates like porridge or wheat type cereal. They provide a slow and steady release of energy throughout the morning so you're less likely to snack on junk food.

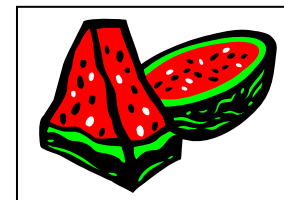
If you want to eat a healthier breakfast, follow these tips:

- Add tasty raisins and sultanas or sliced fruit like bananas or apples to your breakfast instead of sugar.
- Choose whole meal or granary bread as they are much healthier than white bread.
- Avoid sugary cereals which claim to be nutritious as they contain unhealthy amounts of sugar. In fact, when buying cereals, check the nutrition information – if they contain

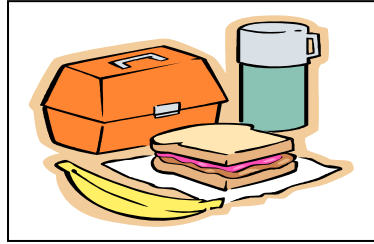
Snacks

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Count up the servings of different types of food you planning to eat (see page 1). How does it measure up? Why don't you plan for the rest of the week by completing the food diary on the next page.



Design your own healthy meals!



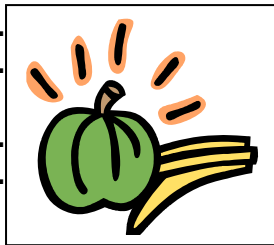
Why don't you list below ideas for making healthy meals for today? Remember to include foods from the five groups to get the balance right – bon appetite!

Breakfast:

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Lunch

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Dinner

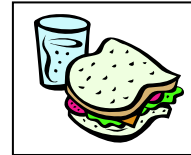
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10g or more of sugar per 100g, then they contain too much sugar.

- Drink a glass of refreshing orange juice with your breakfast.

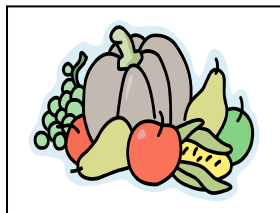
Luscious lunch!

Now you have this information on how to eat healthily, why don't you get started by putting together a healthy lunchbox or choosing healthy options from the school canteen. You can do this easily by following these tasty tips:



1. Choose wholegrain or wholemeal bread instead of white as it is much better or try pitta bread, chapattis or bagels.
2. Try to add some salad, tomato or cucumber in your sandwich.
3. Try a low-fat filling such as tuna, ham, chicken and turkey or low fat cheese such as cottage cheese or low-fat cheddar.
4. Choose fresh fruit for dessert such as a banana or fresh fruit salad.
5. Watch out for fizzy drinks and instead have water, fruit juice or some milk which will not ruin your teeth.
6. Choose yummy jacket potatoes with beans or cheese with a green side salad.
7. Chop up peppers, celery, cucumber or carrots into small sticks and take them to school – this makes a good healthy snack.

Veg out the healthy way!



A vegetarian is someone who does not eat meat or fish and a vegan avoids meat, fish and animal products like milk, cheese, yoghurt and eggs. A vegetarian diet can be very healthy but equally it can be unhealthy for example, foods like chips, doughnuts and chocolate are 'meat-free' but these foods are high in fat and sugar.

Getting the balance right with a variety of foods and watching the intake of fatty, sugary and salty foods apply equally to vegetarians. A balanced and healthy vegetarian diet can be achieved by ensuring you get enough of:

1. **Calcium** – this is not only found in dairy products but it can be found in leafy green vegetables, almonds, sesame seeds, dried fruit, pulses and fortified soy drinks.
2. **Protein** – good sources of protein can be beans, lentils, nuts, seeds, grains, soya products, dairy products and eggs.
3. **Iron** – iron can be found in eggs, lentils, nuts, seeds like pumpkin or sesame and chickpeas.

4. **Vitamin B12** – this can be found in milk, eggs, cheese, yeast extracts. Vegans can obtain B12 from fortified foods such as breakfast cereals, Soya drinks or by regularly including yeast extract in the diet.
5. **Fatty acids** – omega 3 essential fatty acids can be found in oily fish but vegans can obtain fatty acids from rapeseed oil, flaxseeds and walnuts.



