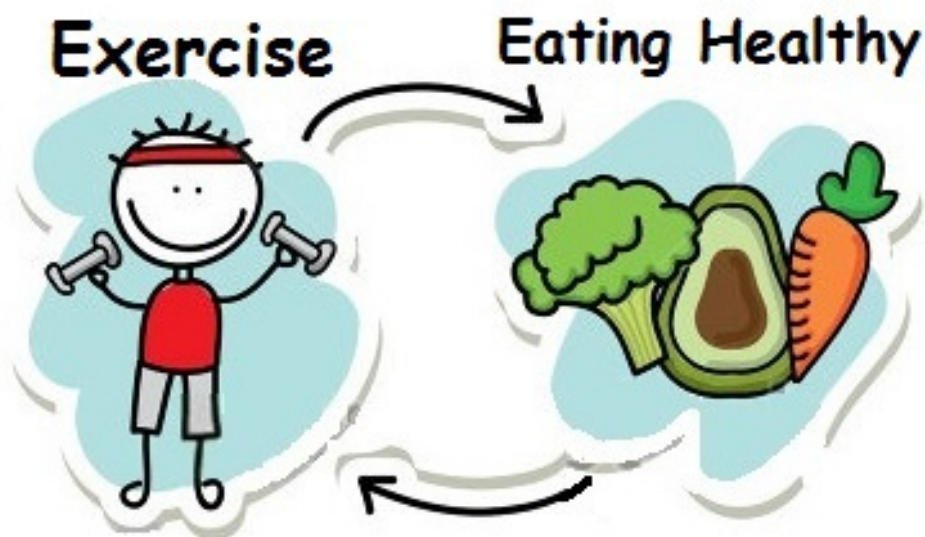


Eat Healthy Be Healthy For Life!



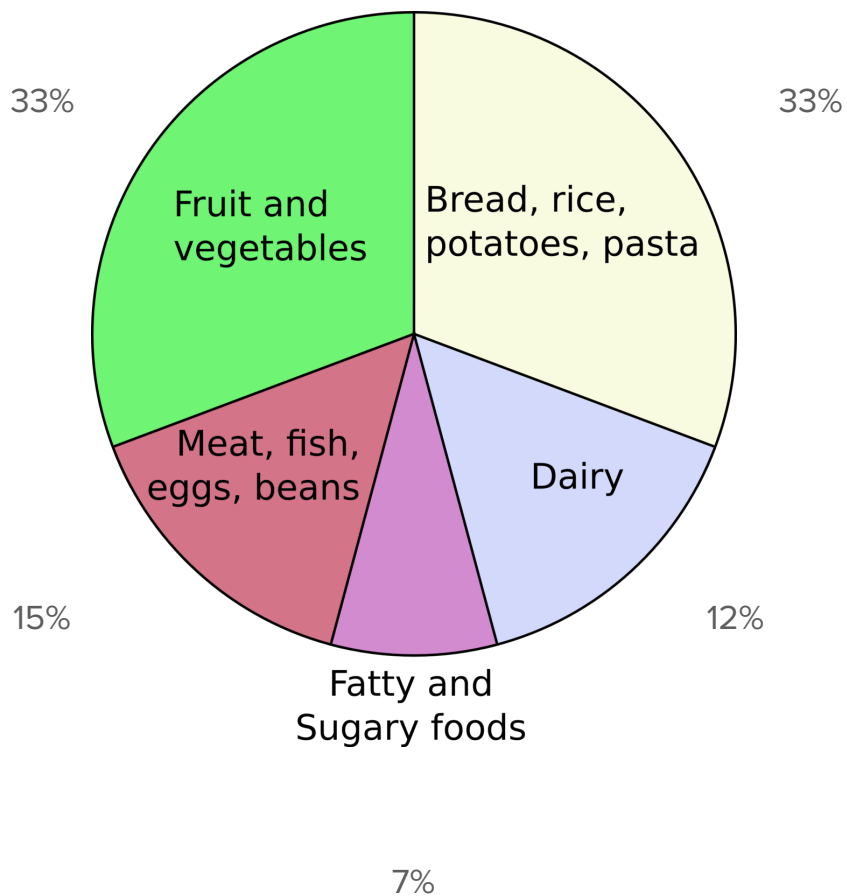
A Guide To Healthy Eating

cmc 
the team behind you

BEING HEALTHY MEANS LOOKING AFTER YOURSELF BY:

Eating healthy food
Eating and sleeping well
Feeling good about yourself

WHAT IS HEALTHY FOOD?



GET THE BALANCE RIGHT

CAN WE EAT UNHEALTHY FOOD?

We should aim to eat **LOTS** of **HEALTHY FOODS**
and small amounts of unhealthy foods



We can eat unhealthy food **BUT** not much of it!!



WHY IS IT SO IMPORTANT TO GET THE BALANCE RIGHT?

Eating healthy food keeps us **HEALTHY**

Eating healthy food helps us feel **GOOD**

Eating healthy food helps to keep us **WELL**

Eating healthy food helps us to **GROW**

WHAT COUNTS AS 5 A DAY

Orange

Fruit



1

slice PAPAYA



1

glass FRUIT JUICE



1

ORANGE



1

NECTARINE



1

SHARON FRUIT



1

CANNED PEACH



2

slices MANGO



2

TANGERINES



2

SATSUMAS



2

CLEMENTINES



3

tablespoons
BUTTERNUT
SQUASH



3

APRICOTS

Vegetables



1

SWEET POTATO



3

tablespoons sliced
CARROTS



3

tablespoons RED
LENTILS

Other



3

tablespoons
BAKED BEANS

Purple

Fruit



1

tablespoon
RAISINS



1

tablespoon
CURRANTS



1

tablespoon
SULTANAS



2

FIGS



2

PLUMS



3

ready-to-eat
PRUNES



4

tablespoons
BLACKCURRANTS



4

tablespoons
BLUEBERRIES



6

DAMSONS



6

PASSION FRUIT



10

BLACKBERRIES

Vegetables/other



1/2

AUBERGINE



3

tablespoons
KIDNEY BEANS













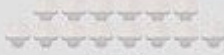
7

slices BEETROOT



YOUR 5 A DAY

White

Vegetables

 1 LEEK	 1 ONION	 1 PARSNIP
 2 handfuls BEANSPROUTS	 2 tablespoons DRIED MUSHROOMS	 3 tablespoons CHOPPED MUSHROOMS
 3 tablespoons COOKED TURNIP	 3 tablespoons SWEDE	 8 SPRING ONIONS
 8 florets CAULIFLOWER	 14 BUTTON MUSHROOMS	

Other

 3 tablespoons BLACK-EYED BEANS	 3 tablespoons BUTTER BEANS
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Vegetables

 1/2 COURGETTE	 1 5cm slice CUCUMBER	 1 handful MANGETOUT
 1 cereal bowl RAW SPINACH	 1 cereal bowl WATERCRESS	 1 cereal bowl LETTUCE/ MIXED LEAVES
 2 tablespoons COOKED SPINACH	 2 handfuls CABBAGE	 2 spears BROCCOLI
 2 ARTICHOKE HEARTS	 3 sticks CELERY	 3 tablespoons BROAD BEANS
 3 tablespoons PEAS	 3 tablespoons MARROW	 3 tablespoons PAK CHOI
 4 tablespoons GREEN BEANS	 4 tablespoons KALE	 4 tablespoons SPRING GREENS
 5 spears ASPARAGUS	 8 BRUSSELS SPROUTS	

YOUR 5 A DAY

Green

Fruit

-  $\frac{1}{2}$ AVOCADO
-  1 slice MELON
-  1 handful GOOSEBERRIES
-  1 APPLE
-  1 PEAR
-  2 KIWIFRUITs

Red

Fruit


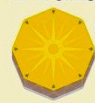

-  1 tablespoon TOMATO PURÉE
-  1 TOMATO
-  2 CANNED TOMATOES
-  2 handfuls RASPBERRIES
-  4 sun-dried TOMATOES
-  6 LYCHEES
-  7 CHERRY TOMATOES
-  7 STRAWBERRIES
-  14 CHERRIES

Vegetables




-  $\frac{1}{2}$ RED PEPPER
-  2 tablespoons COOKED RHUBARB
-  10 RADISHES

Yellow

Fruit

-  $\frac{1}{2}$ GRAPEFRUIT
-  1 slice PINEAPPLE
-  1 BANANA

Vegetables/other

-  3 tablespoons SWEETCORN
-  3 tablespoons YELLOW LENTILS
-  3 tablespoons CHICKPEAS

REMEMBER TO DRINK ENOUGH

- Don't get thirsty
- We need to drink plenty of fluids to stop us getting dehydrated – the government recommends 6-8 glasses every day.
- This is in addition to the fluid we get from the food we eat. All non-alcoholic drinks count, but water and lower-fat milk are healthier choices.
- Try to avoid sugary soft and fizzy drinks that are high in added sugars and calories, and are also bad for teeth.
- Even unsweetened fruit juice and smoothies are high in free sugar. Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day – which is a small glass.
- For example, if you have 150ml of orange juice and 150ml smoothie in one day, you'll have exceeded the recommendation by 150ml.
- When the weather is warm, or when we get active, we may need more fluids.



START THE DAY THE RIGHT WAY!

- Always try to eat **breakfast**. If you don't have time to eat in the morning then we have lots of breakfast ideas that can be eaten on the go.
- **Breakfast** gives the body and brain fuel; without it you're trying to run on empty, like a car with no petrol! So, after an overnight fast - break fast!

Nutritionists advise that **Breakfast**:

- Should be eaten within 2 hours of waking.
- Should provide a source of nutrients such as; calcium, iron, B vitamins as well as protein and fibre. Fruit & vegetables are a good source of vitamins & minerals so try to include a portion in a banana or glass of fruit juice.
- Is good for the waistline! Research shows that those who eat breakfast are less likely to be over weight as they're less likely to reach for a sugary snack.
- It restores glucose levels, an essential carbohydrate that is needed for the brain to function. In studies amongst children, breakfast was shown to improve attainment, behaviour and linked to improved grades. Just like any other body organ the brain needs energy to work best!
- It's a great occasion to eat together as a family, setting good eating habits that can last a lifetime.

SO BREAKFAST REALLY IS THE MOST IMPORTANT MEAL OF THE DAY!

KNOW YOUR CEREALS!

HIGH SUGAR 40g Serving* 3.7 Sugar Cubes	HIGH SUGAR 40g Serving* 3.5 Sugar Cubes	HIGH SUGAR 40g Serving* 3.1 Sugar Cubes	HIGH SUGAR 40g Serving* 3 Sugar Cubes	HIGH SUGAR 40g Serving* 2.8 Sugar Cubes	HIGH SUGAR 40g Serving* 2.8 Sugar Cubes

HIGH SUGAR 40g Serving* 2.7 Sugar Cubes	HIGH SUGAR 40g Serving* 2.5 Sugar Cubes	HIGH SUGAR 40g Serving* 2.5 Sugar Cubes	HIGH SUGAR 40g Serving* 2.5 Sugar Cubes	HIGH SUGAR 40g Serving* 2.5 Sugar Cubes	HIGH SUGAR 40g Serving* 2.4 Sugar Cubes

MEDIUM SUGAR 40g Serving* 2.2 Sugar Cubes	MEDIUM SUGAR 40g Serving* 2.1 Sugar Cubes	MEDIUM SUGAR 40g Serving* 2.1 Sugar Cubes	MEDIUM SUGAR 40g Serving* 2.1 Sugar Cubes	MEDIUM SUGAR 40g Serving* 2.1 Sugar Cubes	MEDIUM SUGAR 40g Serving* 2.1 Sugar Cubes

MEDIUM SUGAR 40g Serving* 1.8 Sugar Cubes	MEDIUM SUGAR 40g Serving* 1.8 Sugar Cubes	MEDIUM SUGAR 40g Serving* 1.5 Sugar Cubes	MEDIUM SUGAR 40g Serving* 1.4 Sugar Cubes	MEDIUM SUGAR 40g Serving* 0.8 Sugar Cubes	MEDIUM SUGAR 40g Serving* 0.7 Sugar Cubes

Look Out

Own brand cereals can be similar.



*40g Average
= Small Bowl

LOW SUGAR

Less than
0.5
Sugar Cubes



Based on: 40g of cereal or 2 weetabix or 1 slice of toast

WATCH OUT FOR SALT

- Eat less salt – no more than 6g a day for adults.
- Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.
- Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces.
- Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt. Adults and children over 11 should eat no more than 6g of salt (about a teaspoonful) a day.

GET ACTIVE AND BE HEALTHY

- Get active and be a healthy weight
- Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, an important part of overall good health.
- Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health.
- Physical activity can help you to maintain a healthy weight. Being active doesn't have to mean hours at the gym: you can find ways to fit more activity into your daily life. Try getting off the bus one stop early on the way home from work, and walking.
- Being physically active may help reduce the risk of heart disease, stroke and type 2 diabetes.
- After activity, if you feel hungry choose foods or drinks that are lower in calories, but still filling.

LOOK AFTER YOUR TEETH

SUGAR IN OUR DIET

- Regularly consuming foods and drinks high in **sugar** increases your risk of obesity and tooth decay.
- Sugary foods and drinks, including alcoholic drinks, are often high in energy (measured in kilojoules or calories), and if eaten too often, can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.
- Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices.

CUT DOWN ON

sugary fizzy drinks
alcoholic drinks
sugary breakfast cereals
cakes
biscuits
pastries

- These foods contain added sugars: this is the kind of sugar we should be cutting down on, rather than sugars that are found in things such as fruit and milk.
- Food labels can help: use them to check how much sugar foods contain. More than 22.5g of total sugars per 100g means that the food is high in sugar, while 5g of total sugars or less per 100g means that the food is low in sugar.

LOOK AFTER YOUR BODY

- Cut down on **saturated fat**
- Saturated fat in our diet
- We all need some fat in our diet, but it's important to pay attention to the amount and type of fat we're eating. There are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.
- The average man should have no more than 30g saturated fat a day. The average woman should have no more than 20g saturated fat a day, and children should have less than adults.
- Saturated fat is found in many foods, such as: hard cheese, cakes, biscuits, sausages, cream, butter, lard & pies.
- Try to cut down on your saturated fat intake and choose foods that contain **unsaturated fats** instead, such as vegetable oils, oily fish and avocados.
- For a healthier choice, use just a small amount of vegetable oil or reduced-fat spread instead of butter, lard or ghee. When you're having meat, choose lean cuts and cut off any visible fat.



INTERESTING NUTRITION FACTS!

These practical tips cover the basics of healthy eating, and can help you make healthier choices for all the family.

- Base your meal structure on the Eatwell Guide
- Eat lots of fruit and vegetables
- Eat more fish – including a portion of oily fish
- Cut down on saturated fat and sugar
- Eat less salt – no more than 6g a day for adults
- Get active and be a healthy weight
- Don't get thirsty- drink plenty of water
- Don't skip breakfast

The key to a healthy diet is to:

- Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use.
- Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.
- Men should have around 2,500 calories a day (10,500 kilojoules).
- Women should have around 2,000 calories a day (8,400 kilojoules).
- Most adults are eating more calories than they need, and should eat fewer calories.
- School-age children need about 1,600 to 2,500 calories per day. Children between the ages of 5 and 6 need 41 calories per pound of body weight, and those between 7 and 11 need 32 calories per pound.
- The calorie ranges are just general guidelines, since calorie needs vary a lot based on size, activity level and whether or not a child has been sick recently may factor in the diet and calories they require. Calories aren't the only thing you need to be aware of; children should also be encourage to eat a mix of foods from all of the food group, drink plenty of water and get plenty of exercise.

HEALTHY BREAKFAST RECIPES

FRUIT PORRIDGE

1 x cup porridge
2 x cup milk
1 x table spoon fruit compote
1 x table spoon runny honey.

Fruit Compote

1kg frozen mixed fruit
2 x tbsp runny honey

Mix the fruit and honey together in a saucepan over a low heat until slightly thickened.

Place the porridge and milk into a sauce pan and cook over a low heat until thick and piping hot. Stir in the fruit compote and stir well.

EGG MUFFIN

4 x eggs
1/2 red pepper
3 x slices of wafer thin ham
4 x tablespoons milk
1/2 cup of grated cheese

Mix the eggs and milk together until nicely combined. Chop the peppers and ham into a small dice, divide this between 4 muffin cases. Pour the egg mixture on top of the ham and peppers and divide the cheese evenly between the four cases. Place into a hot oven and bake for 15-20 minutes or until golden and well risen.

GREEN SMOOTHIE

2 x apples
1 x banana
1 x mango
1 x handful of kale
1 1/2 cups of water

Place all ingredients into a blender and blend until smooth. You can add whatever fruit you want into this recipe; strawberries, pears and even cucumbers work really well. It is a great way of getting green leafy vegetables into your body without having to eat them. Spinach is a great substitute for the kale also.

AMERICAN PANCAKES

2 x cups of wholemeal flour
2 x eggs
3/4 cup of milk
2 x table spoon honey
1/2 x teaspoon of baking powder.

Mix the flour with the baking powder and eggs and mix well. Slowly add the milk to form a thick batter, then add the honey. Leave this mixture to stand for 10 minutes before using. Place one spoonful of mixture into a hot frying pan and only turn when it starts to bubble at the edges of the pancake, this will take around 2-3 minutes. Flip the pancake over gently and cook for a further 2-3 minutes. Finish with a small drizzle of honey. This is also great served with yogurt and berries.

Just A Reminder

WHAT IS HEALTHY FOOD?

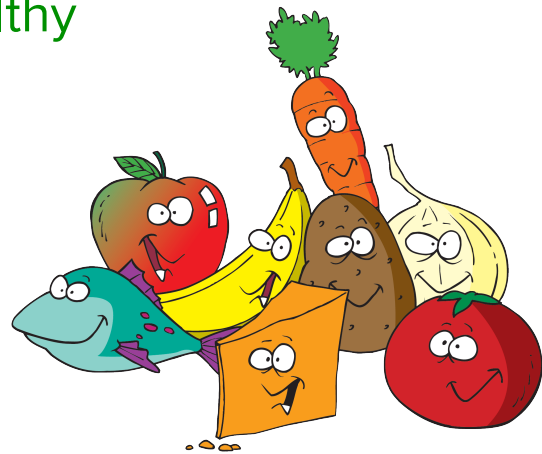
Healthy

Fruit

Vegetables

Fish & Meat

Eggs, Cheese & Milk



Unhealthy Food



Chocolate

Crisps

Chips

Cake

Sweets