

Learning South Leicestershire School Sports Partnership Health and Well- being Newsletter October 2019- Healthy Eating



Eating a healthy, balanced diet is essential to maintaining good health and helping you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight (NHS, 2019).

Scientists have developed the Eatwell Guide to help us work out how best to balance the food we eat. A copy of the Eatwell Guide is attached to next page.

Eatwell Guide Overview

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drink)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts

Top Tips to encourage positive eating habits for parents

- Serve balanced meals and eat with your family.
- Have healthy snacks available.
- Be role models and eat healthily.
- Avoid arguments over food.
- Involve your child in cooking and preparing healthy meals.



Visit <https://www.nhs.uk/change4life/recipes> to find balanced and healthy meal recipes.

To find out what is in the foods we eat download the **Change4life Food Scanner App**.

Puberty is a time of rapid growth therefore energy and nutritional requirements differ. In particular girls require more calcium and iron. Boys need more protein comparatively.

FAD Diets (as seen on social media)-Diets that promise quick weight loss are often not nutritionally balanced-meaning you could miss out on important vitamins and minerals. FAD diets focus on short term goals.

Does eating make you feel anxious, guilty or upset? Talk about it to someone you trust and visit your GP.

Fascinating Facts- Broccoli contains twice the amount of vitamin C than an orange. Lemons contain more natural sugar than strawberries.

Joke- What do you give a sick lemon?..... Lemon Aid

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
 Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables every day
 Eat at least 5 portions of a variety of fruit and vegetables

Check the label on packaged foods

| Energy | Fat | Saturated Fat | Sugars | Salt |
|-------------------|------|---------------|--------|------|
| 1046kJ 250kcal | 3.0g | 1.3g | 34g | 0.9g |
| 13% | LOW | LOW | HIGH | MED |
| | 4% | 7% | 38% | 15% |

Each serving (150g) contains of an adult's reference intake

Choose foods lower in fat, salt and sugars

Beans, pulses, fish, eggs, meat and other proteins
 Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy alternatives
 Choose lower fat and lower sugar options

Oil & spreads
 Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS