

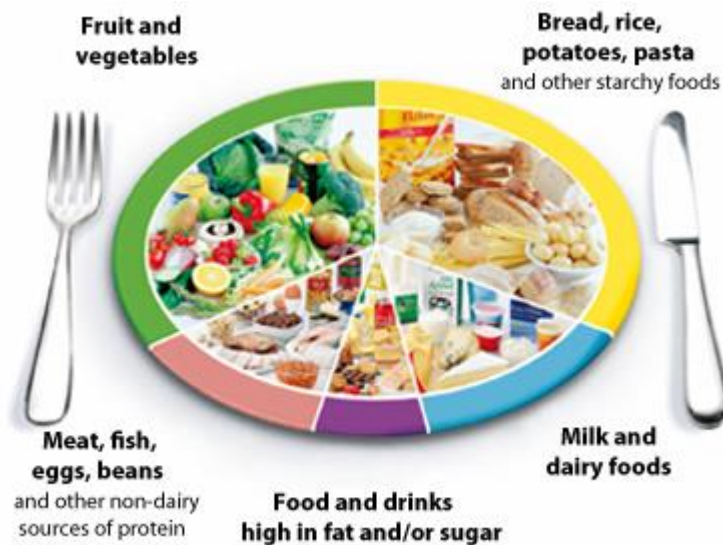


## Healthy Eating

Healthy eating is important for the healthy growth and development of our bodies. It is important that we eat the right types of a variety of foods to provide us with all the essential nutrients that we need.

### Eat well Plate

The 'Eat well Plate' can help you to understand which food group you should be eating and in what proportion. The largest sections (fruit and vegetables, bread, cereals and potatoes) are those which you should base your meals around. Also, include smaller amounts of food from the meat, fish sections and dairy sections. Try to limit fatty and sugary foods to a minimum by only having one portion from this group each day.



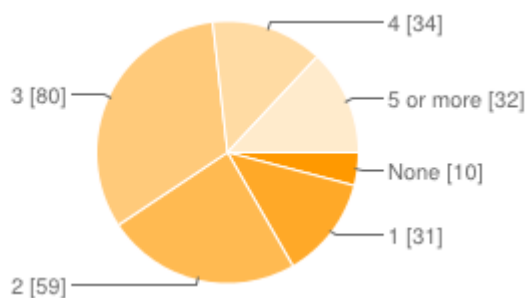
### Calories

**Calories are a way of measuring energy** – the amount of energy that your body gets from eating that food. Your body needs a certain amount of energy every day to keep it going - things like keeping your muscles moving, your heart beating, your body heated and your brain ticking. The energy comes from the food and drink that you consume. If you eat and drink just the right amount containing the correct number of calories to move your muscles, work your brain etc. then you won't get over or underweight. Additional calories in your food are turned into fat, which you want to avoid; eat too few calories and you begin to disappear (!)

On average, a man needs approximately 2500 calories per day and the average women needs approximately 2000.

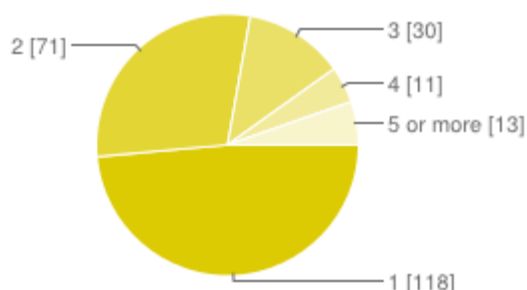
The following graphs illustrate some of the eating habits amongst our pupils:

### On average, how many portions of fruit and vegetables do you have each day?



None	<b>10</b>	4%
1	<b>31</b>	13%
2	<b>59</b>	24%
3	<b>80</b>	33%
4	<b>34</b>	14%
5 or more	<b>32</b>	13%

### On average, how many bars of chocolate or packet of crisps do you have each day?



1	<b>118</b>	49%
2	<b>71</b>	29%
3	<b>30</b>	12%
4	<b>11</b>	5%
5 or more	<b>13</b>	5%

The graph shows that 90% of pupils questioned consume between 1 and 3 chocolate bars or packet of crisps during the day, whereas only 13% consume the recommended 5 or more pieces of fruit and or vegetables each day. Clearly, too many of our pupils choose chocolate and crisps as their preferred choice of snack during their school day.

### Five reasons to eat five portions of fruit and veg

- Fruit and vegetables are a good source of [vitamins and minerals](#), including folate, vitamin C and potassium.
- They're an excellent source of dietary fibre, which helps maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of [bowel cancer](#).
- They can help reduce the risk of [heart disease](#), [stroke](#) and some cancers.
- Fruit and vegetables contribute to a healthy and [balanced diet](#).
- Fruit and vegetables taste delicious and there's so much variety to choose from.

Fruit and vegetables are also usually low in fat and calories (provided you don't fry them or roast them in lots of oil). That's why eating them can help you maintain a healthy weight and keep your heart healthy.

### Eight tips for healthy eating:

1. Base you meals on starchy foods, e.g. cereals, pasta, potatoes, rice.
2. Eat lots of fruit and veg- at least 5 portions per day.
3. Eat more fish- contains protein, vitamins and minerals.
4. Cut down on saturated fats and sugar.
5. Eat less salt- can lead to high blood pressure and then heart disease or a stroke.
6. Get active and be a healthy weight.
7. Monitor what you drink- water, milk and fruit juices are better than sugary soft drinks.
8. Don't skip breakfast- breakfast is important to control weight.

References: [www.nhs.uk/livewell](http://www.nhs.uk/livewell)