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).
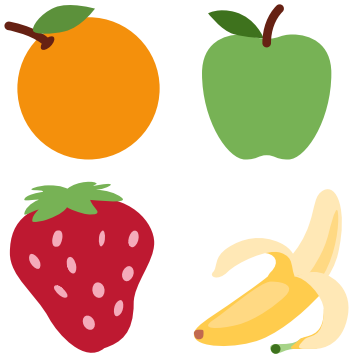
EATWELL GUIDE

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

Drink lots of water (at least 6 to 8 glasses a day)

TOP TIPS

Serve balanced meals and eat with your family
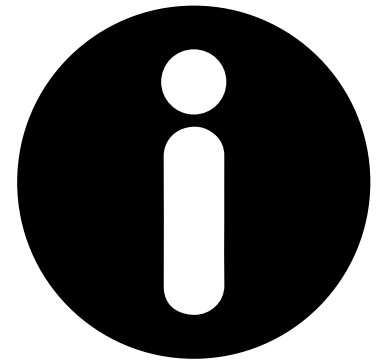
Have healthy snacks available

Be role models and eat healthily

Avoid arguments over food

Involve your child in cooking and preparing healthy meals

Find balanced and healthy meal recipes;

https://www.nhs.uk/change4life/recipes

INFORMATION

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 your trust and visit your GP.

The government have released a national campaign to reduce obesity levels in adults
They offer free tools and apps to support people to eat better, drink less alcohol and get active. This includes an app for the free 12-week NHS Weight Loss Plan, helping people make healthier food choices and learn skills to prevent weight gain.
Visit ***https://www.gov.uk/government/news/major-new-campaign-encourages-millions-to-lose-weight-and-cut-covid-19-risk*** for more info.