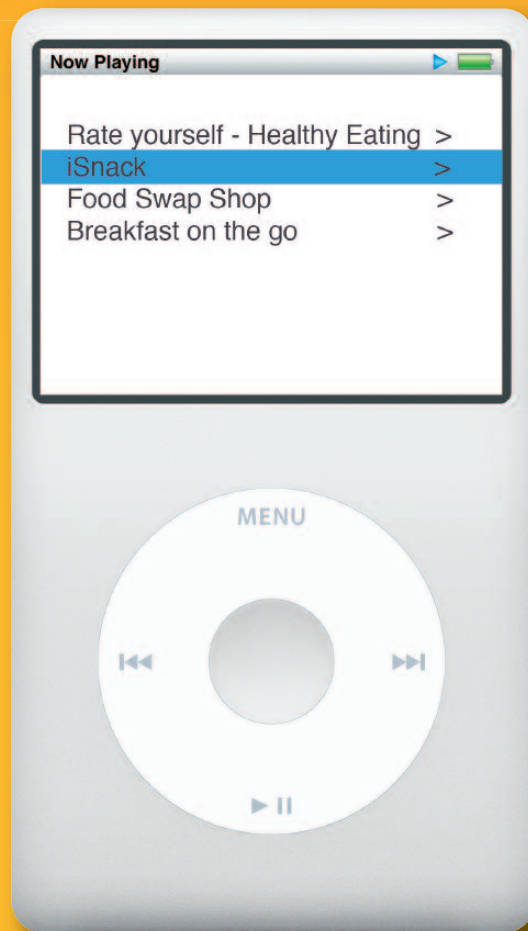


Healthy eating . . . what's in it 4 me?



Healthy eating... what's in it 4 me?

Did you know that eating well and being active can help you:

- be a healthy weight
- look great
- feel great
- be more energetic
- have healthier skin
- have healthier teeth
- concentrate better at school

Want to know more? Read on...

Rate yourself

choose 'a', 'b', or 'c' to calculate your health score!

Do you eat breakfast

- a) Never?
- b) Only on weekends?
- c) Every day?

Do you eat fruit & veg

- a) Never?
- b) Sometimes?
- c) At least 5 portions a day?

If you have scored...MOSTLY 'a'

Your diet isn't very well balanced. Remember, eat breakfast, include 5 fruit and veg a day and get active!

If you scored... MOSTLY 'b'

You would feel better if you increased your fruit & veg intake. Milk, cheese & yogurt are important for your bones.

If you have scored MOSTLY 'c'

Well done! You're making good choices to help you look good and stay healthy.

Do you exercise

- a) Rarely?
- b) Up to 30 minutes a day?
- c) At least an hour a day?

Do you eat milk, cheese or yogurt

- a) Never?
- b) Once or twice a day?
- c) At least 5 portions every day?

Healthy food that's tasty?

Is it possible to get food that's tasty and healthy?

YES! Variety is the key. There are no 'good' and 'bad' foods, just 'good' and 'bad' diets.

Go for lots of fresh stuff like:

- Wholegrain foods
- Fruit and vegetables
- Milk, cheese or yogurt
- Meat, fish, eggs, peas or beans.

Remember chocolate, cakes, sweets, biscuits, crisps and soft drinks should only be consumed occasionally.



itune into healthy food

i Snack

Choosing healthy snacks will give you lots of the goodness you need to be active and to **look and feel great.** Ditch the chocolate and crisps for:

- Fresh fruit or vegetable sticks
- Popcorn
- Fruit or wholemeal scone
- Nuts
- Fruit brack
- Wholegrain cereal bar
- Yogurt or yogurt drink
- Cheese and wholegrain crackers



Top Tip

Fizzy drinks, even 'diet' ones are bad for teeth! Milk and water are the best drinks



464 calories - 30g fat
large sausage roll

switch to



195 calories - 8g fat
slice thin crust ham
& mushroom pizza



230 calories - 15.4g fat
packet of crisps

switch to



135 calories - 4.3g fat
packet of popcorn

Thirsty? Grab a bottle of water instead of a 500ml bottle of cola and save 215kcal and 18 cubes of sugar! If you do this every day, over one year this could save almost 9kgs or 19lbs in body weight and have healthier teeth and bones too!



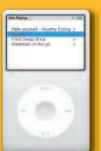
1230 calories - 52g Fat
Baguette with cheese,
rashers, lettuce & coleslaw

switch to



399 calories - 28g Fat
Wrap with cheese,
rasher, lettuce & tomato

itune into healthy food



i Diet

Ever tried to either lose or gain weight?

If you hear or read about a diet that **seems too good to be true**, such as promising fast or effortless weight loss, claiming to speed up metabolism or burn fat, **it is too good to be true**. Similarly, diets or supplements claiming to build muscle should be approached with caution. To be a healthy weight:

- Eat a variety of foods, everything in moderation
- Keep active
- Don't skip meals.

Skipping meals increases the likelihood of hitting the high calorie snacks later on, and also, in the long run will deprive your body of essential nutrients which could leave you looking and feeling not so good.



Did you know that Irish teens are not getting enough fibre, iron, calcium or vitamin D and are eating too much fat?

Breakfast ^{on} the go!

Breakfast is the most important meal of the day.

- It provides you with the fuel to get up and go in the morning.
- It helps you concentrate in school.
- It helps you maintain a healthy body weight.

No time? Too tired? Go on, give it a try! Five minutes is all you need.

Did you know that people who eat breakfast have a healthier body weight than people who skip breakfast?



Smoothies

Blend 1 banana, 5 strawberries & 125ml tub of fruit yogurt for a fruity, delicious smoothie.



A fruity start

Fruit is fast food and full of vitamins and minerals. Aim for 5 portions of fruit & veg a day.



Cereal & milk

Go for wholegrain cereals and try with chopped fruit and yogurt or a simple splash of milk.



Try a bagel

Toasted bagel with low fat cream cheese or jam is tasty.

For further information go to www.healthpromotion.ie

May 2009

This leaflet was originally created by the Community Nutrition and Dietetic Service, HSE West. Revised leaflet was contributed to by young people at Squashy Couch Adolescent Health Café, Waterford, and revised by Community Nutrition and Dietetic Service, HSE South.