

Eat healthy food



It is important to eat healthy food because...



It is good for your heart



It makes your bones and muscles strong



It helps control your weight



It is good for your hair and skin

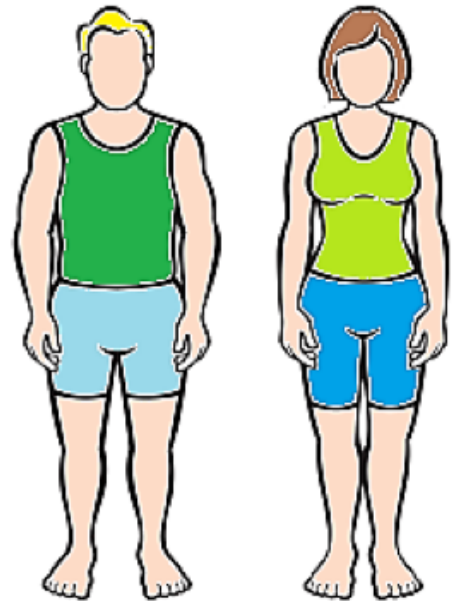
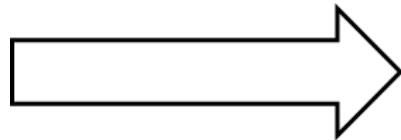


It makes you feel happy

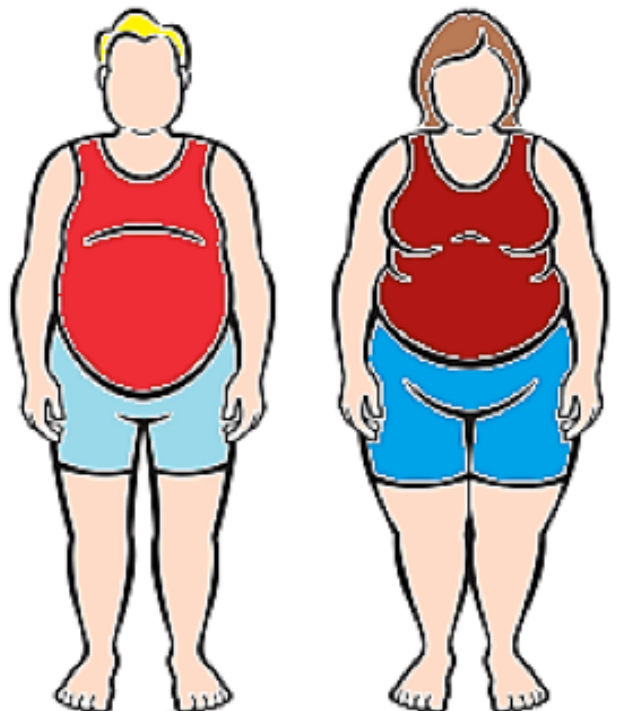
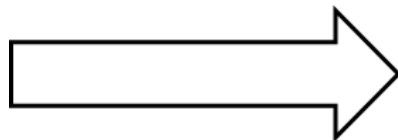


It helps your teeth look good

If you eat these foods you will stay slim and healthy



If you eat lots of these foods you will put on weight



Make your '5 a day' colourful



Vegetables



Salad



Fruit

Eat 5 portions of vegetables and fruit every day

One portion (80g) is the same as:



2 to 3 pieces of broccoli



3 tablespoons of any vegetable



A bowl of salad



1 banana



1 apple



2 kiwi fruits



Foods that are high in fibre are good for your heart



Wholemeal or wheaten bread



Wholewheat pasta



High fibre cereal



Baked potato



Mixed nuts

Add pepper, herbs or spices to your meal instead of salt



Black and white pepper



Dried mixed herbs



Curry powder



Chilli powder



Too much salt is bad for your heart



Food and drinks that are bad for you have sugar and fat hiding in them

Do not have these often and only in small amounts



Sweets



Ice cream



Fizzy drink



Alcohol



Biscuits



Chocolate



Food and drinks that are bad for you have sugar and fat hiding in them



Traybakes



Cake



Crisps



Takeaways



Sausage roll



Fried breakfast



Homemade is much better than takeaways



Homemade pizza



Homemade Chinese stir fry



Homemade fish and chips

Portion sizes for meals



Too much



Just right



Drinks



Water is good for you



Drink **6 to 8 glasses** of water every day

You can also drink...



Tea



Coffee



Do not add sugar to drinks

If you don't drink enough you will feel...



Thirsty



Constipated



Dizzy

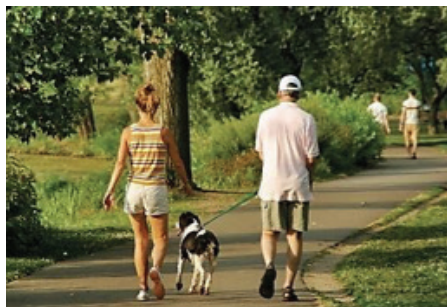


Confused

Move more every day



You can...



Walk



Do gardening



Swim



Do activities at a leisure centre

My favourite activity is...

Shopping List



Vegetables and fruit



Potatoes, wholegrain bread, rice, pasta and wholegrain cereal



Dairy foods - milk, yoghurt, cheese



Beans, fish, eggs and meat

If you have any questions about your health, please contact your GP.

Acknowledgements: With kind regards to the clients at The Beeches Training and Resource Centre (Aghalee), Dairy Farm Training and Resource Centre (Stewartstown Road) and also Brea Crothers for their helpful feedback. This resource was developed from an idea by the Warwickshire Service.

Acknowledgements Warwickshire Service

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