

HEALTHY FOOD AND DRINK HABITS

LEARNING SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP



Healthy Eating Habit Tips

Eating 5 portions of fruit and vegetables per day - This can be fresh, frozen or dried. A portion of fruit and vegetables is a handful. Eating a different colours of fruit and vegetables is recommended.

Reduce sugar intake - Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

Don't Skip Breakfast - Some people skip breakfast because they think it'll help them lose weight. But a healthy breakfast high in fibre and low in fat, sugar and salt is a essential to balanced diet.

Don't get thirsty – Keeping hydrated is important. Drinking 6-8 glasses of fluid per day is recommended. Avoid fizzy / sugary drinks.

Reduce saturated fat intake - There is saturated and unsaturated fats. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

Snacking - Parents should look for 100-calorie snacks, two a day max' to cut children's sugar intake. Similarly adults should try to snack a max of twice a day and reduce sugar / fat intake.

Eat more fish - Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish. Oily fish are high in omega-3 fats, which may help prevent heart disease.

Check out the Eatwell Guide

Eating Information

Eating healthy is an essential component of health and well-being. Establishing healthy food and drink habits for children and young people is important. It is proven that food and drink habits established in childhood have an huge impact in adulthood.

The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.

If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight.