

# INFORMATION ABOUT HEALTHY EATING

## Is a Young Persons' diet so bad?

### It can be – a recent survey found:-

- Only 1 in 10 children are eating their recommended 'five-a-day' of fruit and vegetable portions
- 4% of children eat no vegetables
- 25% of energy comes from snacks
- 25% to 40% of children ages 10 – 16 skipped breakfast some or all the time

Good dietary habits are important when you are young and will help you maintain good health later in life.

### Some facts!

#### Green Vegetables – give you:-

- Folate – to make red blood cells
- Vitamin C – for healthy skin, bones, wound healing and teeth
- Vitamin E – helps to heal wounds and wound scarring, is needed for red blood cells and nerves
- Magnesium – needed for healthy bones and for nerve and muscle functioning
- Iron – essential for healthy blood

The lifetime supply of calcium in your teeth and bones is laid down when you are young. Not taking in enough calcium rich foods such as milk, green vegetables, bread when you are young may contribute to brittle bones and osteoporosis later in life.

**Drinking Water – 50% to 70% of body weight is made up of water. You need to keep hydrated. This will help in several important ways:-**

- To help you concentrate for longer periods
- To help you stop feeling tired
- To keep you more alert
- To help prevent headaches

## Balance

The amount of calories you need each day is dependent on age, size, gender and level of activity - a typical young person needs around 1,00 calories a day!

## Breakfast

Start the day with a fortified breakfast cereal and semi-skimmed milk

## Balance

Good dietary habit is all about Balance

### Everyday choose two or three types of food from:-

- Fruit and Vegetables – fresh, frozen, canned, dried
- Bread, Cereals, Potatoes, rice, pasta, noodles
- Meat, Fish, Eggs, Nuts, Pulses, Beans
- Milk, Cheese, Yoghurt – look for low fat

### Some Useful Websites:-

The British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)

Food a fact of life [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Children's Food Trust [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

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



LOCAL, FRESH, HEALTHY, TASTY