

# HEALTHY EATING FACTS

Everyone wants to look good and feel healthy. We are bombarded with so much information on social media and the news telling us what's the best type of diet and what you should and shouldn't eat. All this information can become very confusing and misleading. Knowing the basic facts on healthy eating can help you make the right choices to suit your lifestyle, budget and needs. Active Cambria has devised a healthy food fact sheet to support learners in making healthy choices and obtaining a healthy mind, body and lifestyle.



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Eat three good meals a day. Breakfast morning 6am till 9am, lunch 12 noon till 2pm and dinner 5pm till 7pm. **Tip: Have healthy snacks between meals.**

### Breakfast

Banana, bowl of cornflakes and semi skimmed milk

### AM snack

Apple, 10 cashew nuts and a biscuit

### Lunch

Salad with tin tuna and pasta

### Snack

Tangerine, grapes and carrot sticks

### Dinner

Jacket potato, chicken breast and boiled carrots.

### Supper

Toast

An example of a healthy meal plan

Eat breakfast! On average 25% of the population don't eat breakfast. Eating breakfast provides you with more energy throughout the day, helps you to eat healthier, you become less irritable, restless, and tired. Eating breakfast has been shown to improve memory and concentration levels and it can also make us happier as it can improve mood and lower stress levels. **Tip: Breakfast ideas fruit, porridge, cornflakes, boiled eggs and toast.**

Ensure after training you don't go home and eat unhealthy food. **Tip: Prepare some healthy snacks to eat after the gym.**

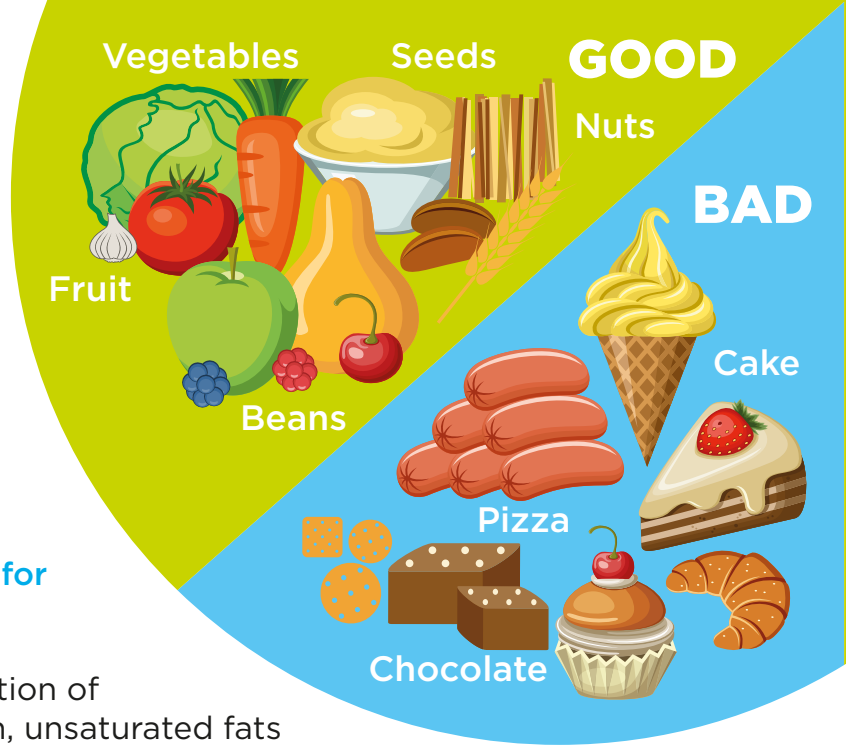


Make sure you are not consuming too many calories. **Tip: Count up your calorie intake for the day. For adults, men require approx no more than 2500 kcals. Women require approx 2000 kcals per day.**

Eat good carbohydrates and stay away from bad carbohydrates. Our diets need to have Complex carbohydrates which are full of fibre and don't cause a sugar spike. **Tip: Eat freshly made meals and snacks.**

Eat at least 5 portions of fruit and vegetables a day. **Tip: Chop up vegetables for snacking on throughout the day.**

Make sure you consume the correct proportion of carbohydrates, fruit and vegetables, protein, unsaturated fats and oils according to the proportion on the Healthy Eating Pyramid.



## HEALTHY EATING PYRAMID



Drinking water is the best way to stay hydrated. Being hydrated allows the mind and body to function well and helps with maintaining a healthy weight. **Tips:** Keep a bottle of water with you during the day. If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink. When you're feeling hungry, drink water. If you have trouble remembering to drink water, drink on a schedule.



## WHEN TO DRINK WATER

$\frac{\text{BODY WEIGHT}}{2} = \text{GLASSES}$     $\frac{\text{GLASSES}}{8} = 6 \text{ GLASSES}$



**2 GLASSES**  
AFTER WAKING UP  
ACTIVATE INTERNAL  
**ORGANS**



**1 GLASS**  
**OF WATER**  
BEFORE A MEAL  
HELPS  
**DIGESTION**



**1 GLASS**  
**OF WATER**  
BEFORE TAKING BATH  
HELPS LOWERS  
**BLOOD**  
**PRESSURE**



**1 GLASS**  
**OF WATER** BEFORE GOING TO BED  
AVOIDS STROKE OR  
**HEART ATTACK**



## HOW MUCH SUGAR DO YOU DRINK?

Check the amount of sugar and caffeine in your drinks. Hidden sugars are in many drinks which you may consider healthy. See below to see how much sugar is in popular types of drinks. **Tip:** Drink water or diluted fruit juice or cordial.



**Soft drinks**  
16 tea spoons  
of sugar



**Fruit juice**  
10 tea spoons  
of sugar

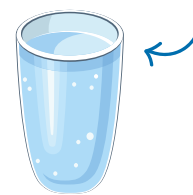


**Sports drinks**  
15 tea spoons  
of sugar



**Energy Drinks**  
9 tea spoons  
of sugar

**Zero sugar!**



**Tap water**  
0 tea spoons  
of sugar

Don't eat or drink too much sugar. 30g of sugar a day, which is equivalent to 7 sugar cubes. **Tip:** Add up the amount of sugar in your drinks and diet. Find healthier choices.