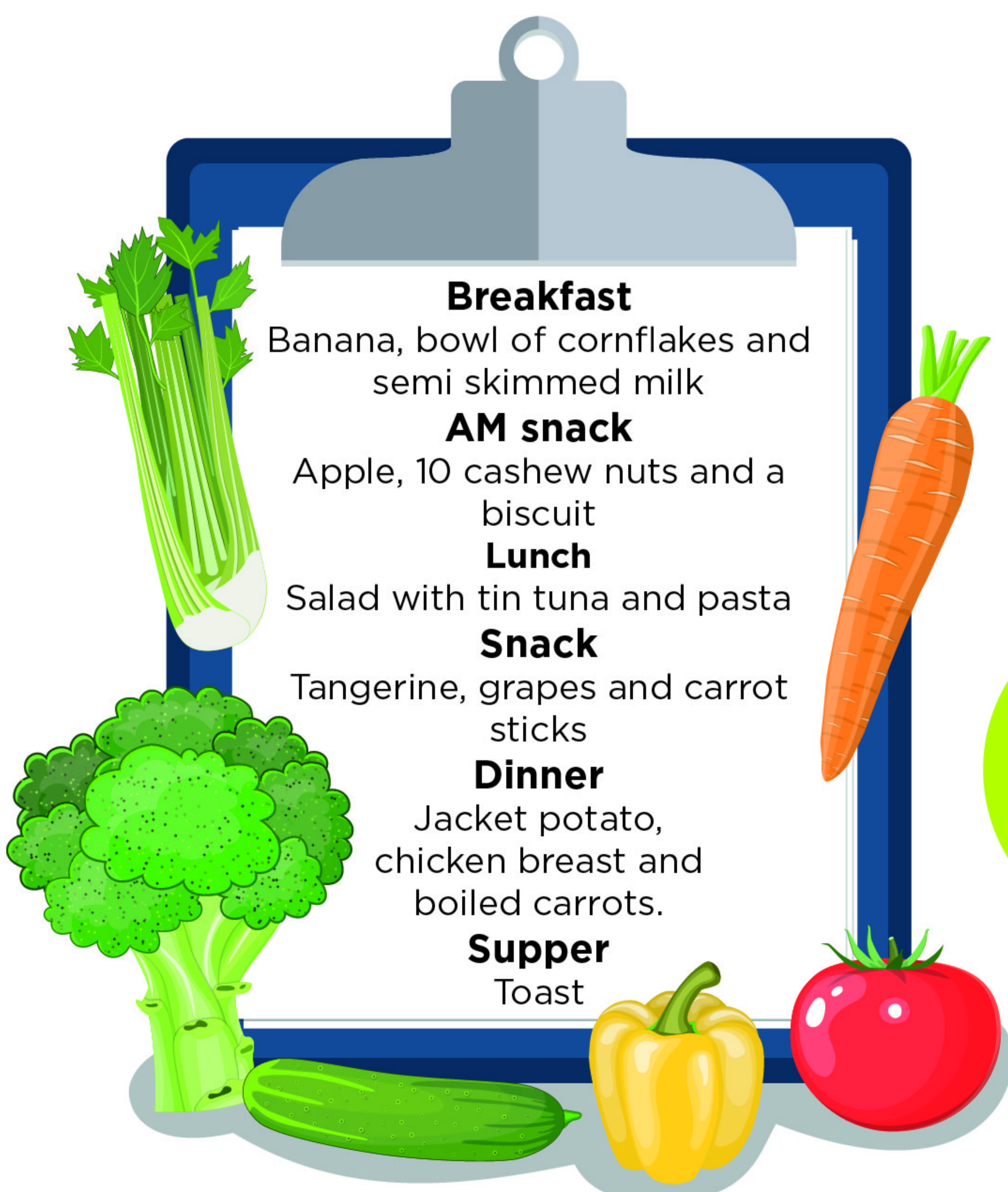


HEALTHY EATING FACTS

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. 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 and staff in making healthy choices and obtaining a healthy mind and body.



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

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, it can also make us happier as it improves mood and lowers stress levels. **Tip: Breakfast ideas fruit, porridge, cornflakes, boiled eggs and toast.**

An example of a healthy meal plan



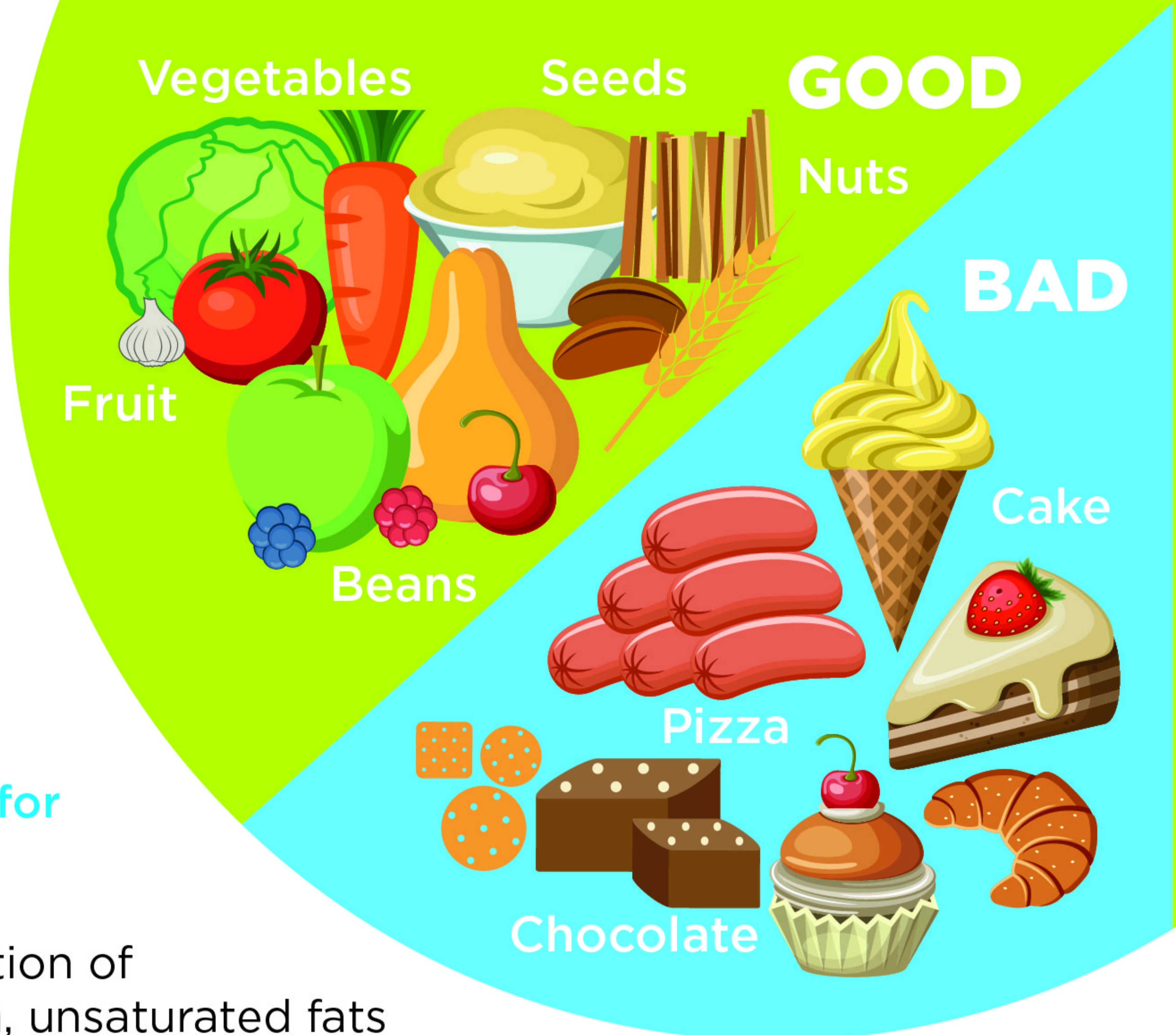
Ensure after training you don't go home and eat unhealthy food. **Tip: Prepare some healthy snacks to eat after the gym.**

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 and women 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

 Water-minimum of 8 servings

 Milk, Yogurt & Cheese Group
2-3 SERVINGS

 Vegetable Group
3-5 SERVINGS

 Fruit Group
2-4 SERVINGS

 Weight control

 Sleep 7-9 hours

Fats, Oils & Sweets
USE SPARINGLY

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

Alcohol
in limited quantities

Daily exercise

