

HEALTHY LIVING

To stay fit and healthy throughout your life it is really important that you eat a balanced diet every day.

You need to make sure you are putting the right food into your body to give you enough energy – otherwise you are just going to zonk out!

Too little food and you won't have enough energy, too much food and you will have too much energy – just the right amount of the right kind of food and wa-hey! It's all about balance, balance, balance.

Get balancing

- Just have a small amount of sugar and salt each day. Try to swap fizzy drinks for water, and avoid them altogether before bed because it isn't good for your teeth and can keep you awake all night!

- Try to eat five portions of fruit and vegetables a day – or more if you can. Top tip: one portion is about a handful, and juice can only count towards one of your five a day.

Types of Foods

- Foods like potatoes, bread, cereals, rice and pasta should make up about a third of the food you eat. They are a great source of energy, so try to include them at each of your main meals – breakfast, lunch and evening meal.
- Milk, cheese and yoghurt are great sources of calcium which make teeth and bones strong. You need to make sure you have some every day.
- Meat, fish, eggs and beans give us protein, vitamins and minerals which help us grow strong and healthy – you need some of these every day too. Try to eat these foods at your lunch and evening meal each day and to try to have two helpings of fish a week.

