



**HEALTH
SERVICES IN
SCHOOLS**

GUIDE TO HEALTHY EATING



Why do we need to eat a healthy diet?

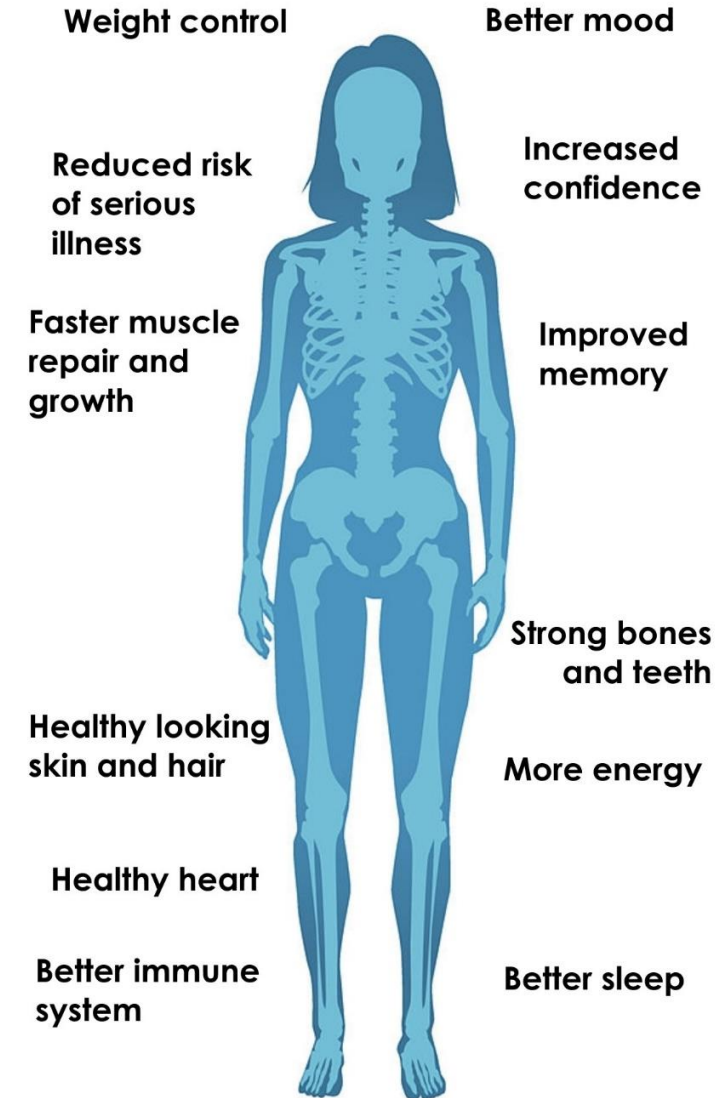
Your body needs a wide range of nutrients in the right amounts to grow, develop and maintain itself. Too much, or not enough, of any nutrient can lead to problems. A balanced diet lowers your risk of developing a range of chronic diseases and keeps your body functioning properly. Eating more fruit and vegetable promotes healthy blood pressure and may lower your risk for certain types of cancer. Lowering your saturated fat intake may help protect your heart. Eating enough fibre-rich foods helps lower cholesterol. Controlling your sugar intake reduces your risk of type-2 diabetes, and eating the right number of calories keeps your weight under control.

Effects on your body of not eating a healthy diet

A poor diet can cause:

- weight gain
- high blood pressure
- constipation
- fatigue
- concentration problems
- skin problems
- tooth decay
- sleep problems
- feeling tired with no energy
- low mood

The benefits



A balanced diet means eating a wide range of nutrient-dense foods in the right amounts, including fruits, vegetables, whole grains, lean protein and small amounts of essential fat. Eating a healthy, balanced diet plays a crucial role in maintaining radiant health.

Energy drinks

Energy drinks such as Red Bull, Monster and Relethless might help us when tiredness hits, but what is their impact on the body?

The occasional energy drink is unlikely to cause harm to most people, however drinking lots of energy drinks impacts on our health.

In the short term, your heart rate is likely to increase which can make you feel irritable, anxious, light-headed and give you palpitations. The stimulant effect can also cause headaches and make it difficult for you to fall asleep.

Too much caffeine can also cause high

blood pressure in some people, which can put strain on the kidneys and in rare cases cause convulsions. It can upset acid in your stomach by relaxing the oesophagus (gullet), which can cause heartburn and irritate your stomach lining and gut. Due to the effects of caffeine on the intestines, it can also cause cramps, diarrhoea, nausea and vomiting.



What can I do?

Get active each day

Try to get at least 30 minutes of physical activity every day. Include activities that strengthen muscles and bones on at least 3 days of the week.

Choose water as a drink

Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks. Try to drink at least 3-4 liters of water every day.

Eat more fruit and vegetables

Aim to eat two serves of fruit and five serves of vegetables every day. Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

Switch off the screen and get active

Spending too much time being 'still' spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.

Eat fewer snacks and select healthier alternatives

Healthy snacks help children and young people meet their daily nutritional needs. Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices. Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate.

Things you can do to help

Do your own weekly planner listing some of the lifestyle changes you could make. Take small steps don't over think things. Keep it fun and do the things you enjoy so it won't seem like a chore.

Use Apps and social media to research and find out what's in your area.

Ask for help and support.

Buddy up with your friend for extra moral support.

Signpost/support

HSIS Youth Workers work along side School Nurses and run weekly confidential drop in sessions in your school where you can come for support and advice on any issues affecting you.

We support young people with issues around: healthy relationships and sexual health, alcohol, stopping smoking, drugs, weight and lifestyle, and emotional health and wellbeing.

For more information on healthy eating

visit :

nhs.uk/live-well