

Experimental Senior High School of Patras

ENGLISH COURSE

2015-2016

Healthy eating for teenagers

A collection of fresh fruits including a green apple, a sliced kiwi, several strawberries, and a red apple, arranged on a white surface with a yellow measuring tape looping around them.

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Adolescence is a time of growth for children, for both physical and mental development.

A healthy diet is essential for teenagers because of their increased nutritional needs, but also because the foods they eat as teenagers can have impact on their health when they reach adulthood.

Healthy eating also promotes good food habits to last a lifetime.

As a teenager, your body is going through many physical changes – changes that need to be supported by a healthy, balanced diet.

By eating a varied and balanced diet as shown in the *eatwell plate*, you should be able to get all the energy and nutrients you need from the food and drink you consume, allowing your body to grow and develop properly.

Eatwell plate

Fruit and vegetables



Bread, other cereals
and potatoes



Meat, fish and
alternatives



Milk and dairy foods



Food containing fat/sugar



The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a healthy, balanced diet.

Tips to help you eat more healthily

- ***Don't skip breakfast***

Skipping meals won't help you lose weight and is not good for you, because you can miss out on important nutrients. Having breakfast will help you get some of the vitamins and minerals you need for good health.



- *Get your 5 A DAY*

Fruit and vegetables are good sources of many of the vitamins and minerals your body needs during your teenage years. Aim to eat at least five portions of a variety of fruit and veg a day.



- *Healthier snack ideas*

Cut down on food and drinks high in fat, sugar and salt, such as sweets, chocolate bars, cakes, biscuits, sugary fizzy drinks and crisps, which are high in calories (energy). Consuming too many calories can lead to weight gain and becoming overweight.



- *Stay hydrated*

Aim to drink six to eight glasses of fluids a day – water and milk are all healthy choices. Even unsweetened fruit juice is sugary, so try to drink no more than one glass (about 150ml) of fruit juice or smoothie each day.



- *Fad diets*

Diets that promise quick weight loss are often not nutritionally balanced, meaning you could miss out on important vitamins and minerals. They also tend to focus on short-term results, so you end up putting the weight back on.



- *Some important nutrients to be aware of are:*
- IRON (liver, meat, beans, nuts, dried fruits)
- Vitamin D (oily fish eggs, fortified fat spreads, fortified breakfast cereals)
- Calcium (dairy foods, green leafy vegetables – such as broccoli, cabbage and okra, but not spinach , bread)

Thank you!!!



<http://www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx>