

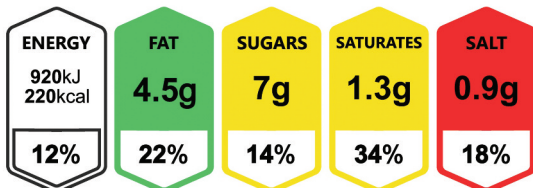


HEALTHY EATING



Eating a healthy and balanced diet is important. It helps you to be healthy, be happy and be more active.

Food Group	Information	Example	Face
Fruit and Vegetables	You should have these at least 5 times a day, these are good for you!		
Beans, pulses, fish, eggs and meat	These help you get stronger after exercise.		
Potatoes, bread, rice and pasta	You should have these in your main meal. Try to eat wholegrain versions.		
Dairy	You can have some of this each day but not too much.		
Oils and Spreads	Only use a little bit of these.		
Sugary food and fast food	This food is bad for you and you should only have them occasionally.		



When looking at what food to eat, you can look for the **green**, **yellow** and **red** label.

Green - You can eat this food a lot.

Yellow - You can eat this food sometimes.

Red - You shouldn't eat this food a lot.



Fruit and Vegetables

You should aim to eat 5 different portions of fruit and veg a day.



Water

You should drink 6-8 cups of water a day.