

# Sources i have used:

Nutrition



Sources I have used: <http://www.healthywizard.com/8-Tips-On-Eating-Well>  
<http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx~42.htm> [www.foodafactoflife.org.uk/](http://www.foodafactoflife.org.uk/) <http://www.mdhil.com/8-health-reasons-you-should-never-skip-breakfast/> The 8 Tips for Eating Well 1. Base your meals on starchy foods — an example of starchy foods would be: potato, cereal, pasta, rice and bread. If you choose whole grain varieties they will contain more fibre which is good for you. 2. Eat lots of fruit and vegetables — ideally we should be eating 5 portions of fruit and veg a day. Even if you drink a glass of unsweetened fruit juice that will even count as 1 of your 5 a day. 3. Eat more fish — fish includes protein, vitamins and minerals. Even if you have at least 2 portions a week that would be fantastic. Anybody who eats fish on a regular bases should try a wide variety of fish such as oily, smoked, frozen, fresh and canned. 4. Cut down on saturated fat and sugar — you do need a little bit of fat in your body but you don't need so much fat because it is not good for you. Another risk of having lots of fat in your diet is that it can cause heart disease. Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, sausages, cream, butter, lard pies, chips, burgers, chicken nuggets, ice cream and others.. so try to cut down on these. 5. Eat less salt — If you buy a ready-made meal from the shops you may not know but it will contain quite a lot of salt in, which is ok but if you have to much of this, it will be a problem because it raises your blood pressure and if you have high blood pressure you are more likely to have a stroke or heart disease. Adults and children over 11 should eat no more than 6g of salt a day. Younger children should have even less. 6. Get active and be a healthy weight — fatty foods has lots of energy in it and if you don't use up all of that energy then it is stored in the body as fat which

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can lead to over weightiness and obesity. If you are overweight or underweight that is not good and it means that you are not healthy. So to make sure you are healthy you should be more active for instance even doing a 30 minute work out on your wii fit can make a difference. 7. Don't get thirsty —drink more water and stay hydrated. If you don't have as much water then this can cause dehydration which basically means lack of water. On a daily bases you should at least have 8 glasses of water a day. If you don't like water then you can have milk or fruit juice but do try to avoid fizzy drinks and sugary drinks. 8. Don't skip breakfast — do not skip breakfast because breakfast is the most important meal of the day. Breakfast is the first meal you have after you wake up so to make sure you have that fibre in you, you need to make sure you have it so you can concentrate throughout the day. Cereal is very high in fibre so that would be a good option for breakfast. It is very important in our diet. <http://www.activ8-fitness.com/fitness/wp-content/uploads/2011/02/STARCHY.jpg> THINGS THAT YOU SHOULD EAT/DO STACHY FOODS <http://www.advice.salford.ac.uk/cms/resources/uploads/Image/Collection%20of%20fruit%20&%20veg.jpg> FRUIT&VEG FATS&SUGARS FISH [http://chesserfastfoodtakeaway.co.uk/wp-content/uploads/2012/07/fish\\_and\\_chips.jpg](http://chesserfastfoodtakeaway.co.uk/wp-content/uploads/2012/07/fish_and_chips.jpg)<http://images4.fanpop.com/image/photos/24000000/ice-cream-Yummy-ice-cream-24070273-696-1250.jpg> NOT TO MUCH SALT BREAKFAST <http://www.mistile.com/Content/uploads/Breakfast.jpg><http://3.bp.blogspot.com/-RCReZGvRBeU/TzmQFqRIYI/AAAAAAAAACRE/aOtjjIP7gTM/s1600/plastic-water-bottle.jpg> DRINK WATER BEING ACTIVE&HEALTHY WEIGHT <http://www.halanmediacorp.com/wp-content/uploads/2010/06/jogging-boost-brain->

power. jpghttp://www. ericcressey. com/wp-content/uploads/2012/01/cutting-back-on-salt-01-af. jpg