



Diet & Nutrition

You should always look to take care of what you put into your body. The following advice has been designed to make sure you have the right information before taking your weekly meals and give you choices on creating a healthy, balanced diet.

Snacks

When having snacks you should always look to have a fruit, vegetable, or whole grain as a snack. This provides nutrients are essential for growth and learning. It also helps you stay focused in school and during after school activities because it will keep your energy levels up. Some things you should try as snacks are;

- Whole-wheat pretzels with spicy mustard
- String cheese and whole wheat crackers
- Rice cakes with peanut butter and raisins
- Fruits and vegetables
- Plain popcorn and raisins
- Low-fat, chewy granola bar

Balanced Diet

Choosing from all five food groups will increase your chance of making sure you get all the nutrients that are needed for a healthy, balanced diet. It also helps you keep your intake of substances like fat and salt at moderate and healthy levels. You should;

- Make your plate as colorful as possible
- Try new vegetables and fruits
- Don't eat the same meal more than once a week
- Substitute a crunchy vegetable for chips and lunches

Healthy Breakfast

Eating a healthy breakfast helps you to refuel your body, control weight and prevent you from eating unhealthy snacks mid-morning. For breakfast you should try eating;

- Non-sugary cereal (ready to eat or hot, instant types) with fruit and yoghurt or milk
- Toasted bagel or English muffin with peanut butter or low-fat cheese and a piece of fruit
- Toasted waffle topped with fruit and yoghurt
- Fruit-filled breakfast bar and yoghurt
- Milk, fruit and yoghurt blended for a breakfast shake



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Liquid Consumption

By staying away from sweetened drinks, you will reduce your risk of developing type 2 diabetes, lose or maintain your current weight and reduce the risk of developing cavities. You should;

- Choose water or low-calorie drinks
- Carry a water bottle
- Don't keep sugar-sweetened drinks in the fridge
- Serve water with meals
- Add slices of lemon, lime or cucumber to your water
- Add a splash of 100% juice to plain sparkling water for a refreshing, low calorie drink
- Choose the small size of a sugar-sweetened beverage

What's on your plate?

Draw and color a meal on the plate. Then give each family member a paper plate and ask them to draw a meal on it. Talk about how the meal should be colorful. Brainstorm the variety of foods. What foods are green? What foods are purple?

