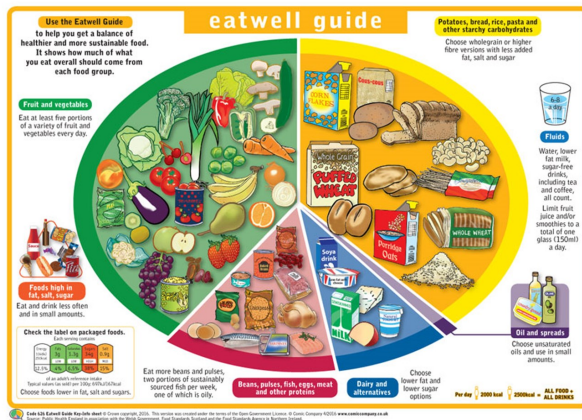


## The Eatwell Guide



## Portion control

Portion sizes can affect our nutrient intake.  
Big portions = extra calories + weight gain

Weight gain can lead to:

- Obesity
- Mental health issues
- Coronary heart disease (CHD)
- Stroke
- Certain cancers e.g. breast cancer
- Type 2 diabetes



## Reasons for becoming a vegetarian

- Ethical beliefs
- Religious beliefs
- Medical reasons
- Cost
- Family influences
- Peer pressure
- Media pressure
- Dislike the taste or texture
- Environmental concerns
- Current trend



## Staying hydrated

Symptoms of dehydration include:

- Dry mouth and lips
- Darker coloured urine
- Headaches
- Dizziness
- Tiredness
- Thirst



**2-3 litres**

## The 5 nutrients

Nutrient	Function
Carbohydrate Starch and sugar	Energy
Protein	Growth and repair Energy
Fat Saturated = 😊 Unsaturated = ☹️	Warmth Protects organs Energy
Vitamins	A—eyesight C—immune system
Minerals	Iron—healthy red blood cells Calcium—strong bones and teeth

## Reducing obesity

- Follow a balanced diet
- Read labels/check portion sizes
- Avoid snacking
- Eat low fat versions of foods e.g. low fat cheese or yoghurt
- Eat leaner meats e.g. chicken
- Cut down on meat
- Increase fibre
- Eat less processed foods

## Fibre

Found in fruits, vegetables, oats, wholemeal flour, brown rice and pulses e.g. beans



Fibre helps to keep the digestive system healthy, helps us to maintain a healthy weight and helps to prevent constipation, piles, diverticulitis and bowel cancer.

## Key vocabulary

Nutrients	The components which make up food.
Function	What something is used for.
Saturated fat	Usually from animal sources and can be harmful to health.
Unsaturated fat	Usually from plant sources and can be good for health.
Portion	The amount of a particular food that is served to someone.
Lacto vegetarian	Avoids meat, fish and eggs but will consume dairy products.
Lacto-ovo vegetarian	Avoids meat and fish but will consume eggs and dairy.
Pescatarian	Avoids meat but will eat fish and other animal products.
Vegan	Strict vegetarians who avoid eating all animal products.
Modify	To make changes.