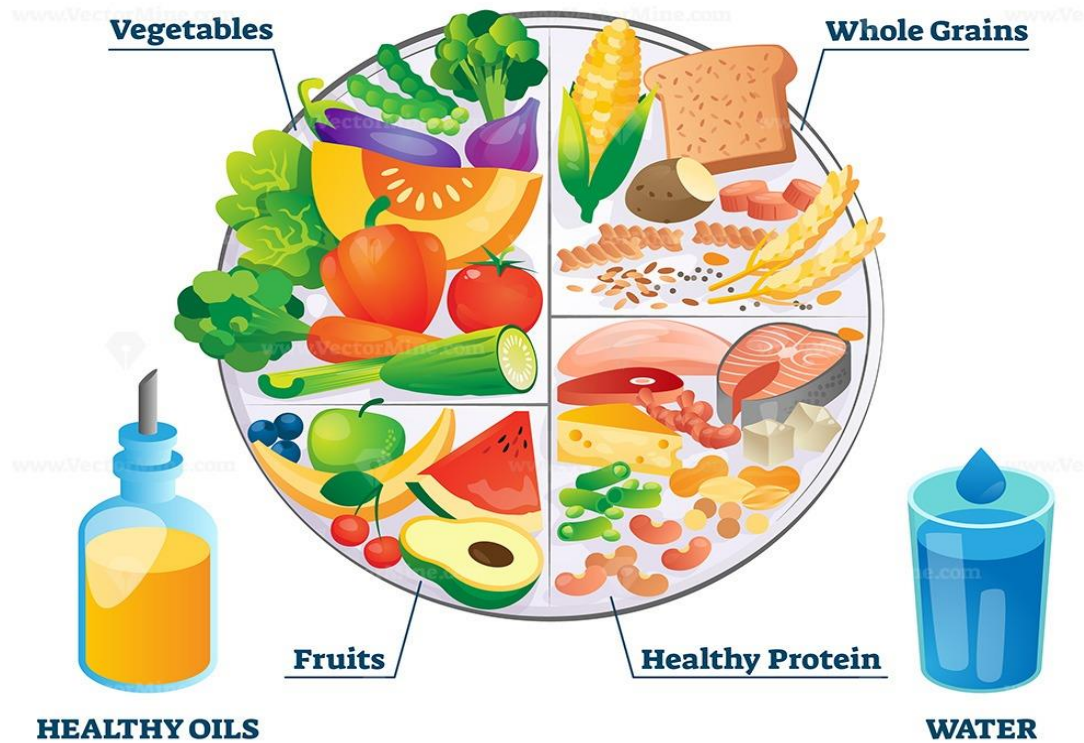


Avista

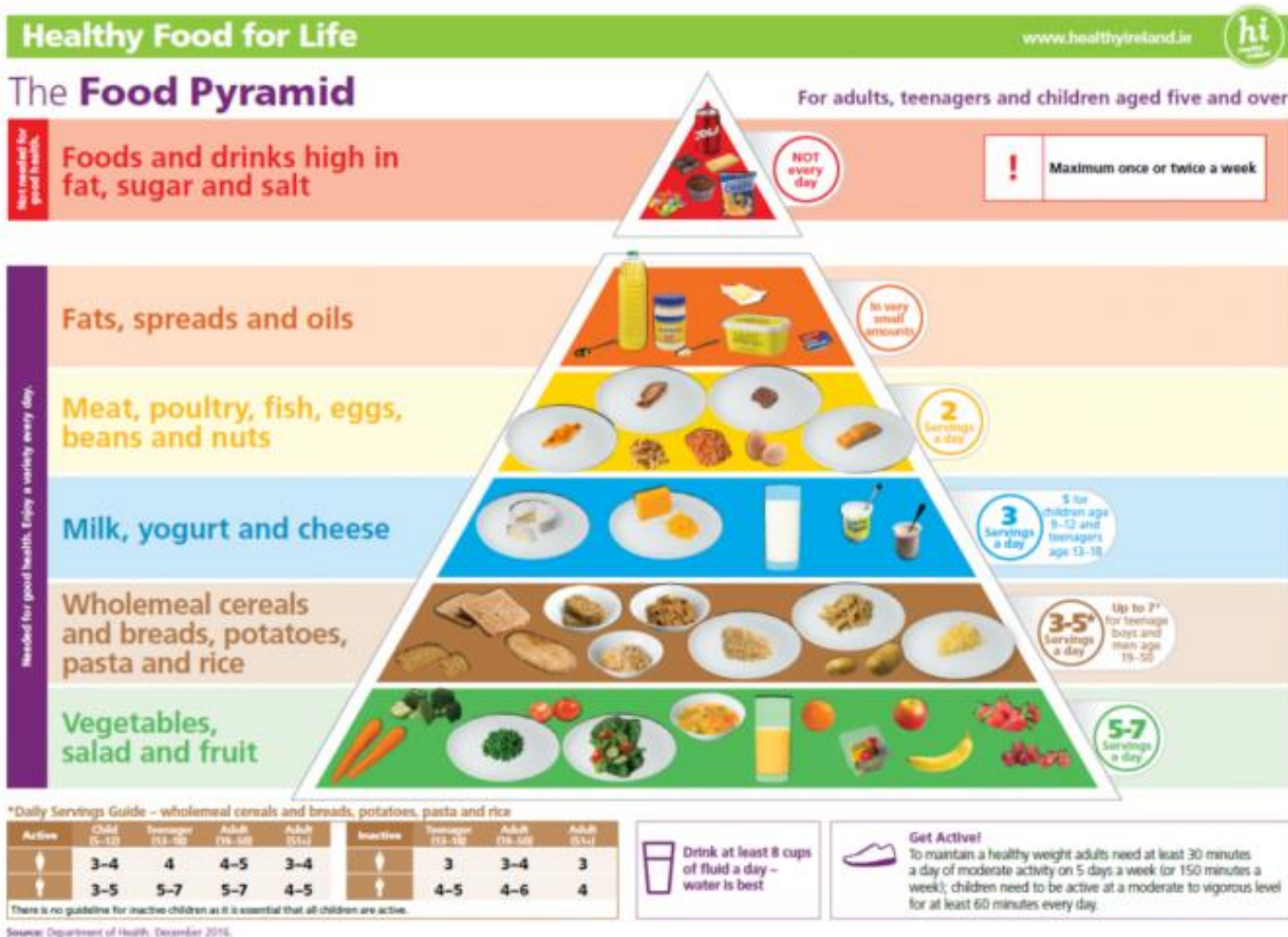
Healthy Eating

The Healthy Eating plate

HEALTHY EATING PLATE



The Food Pyramid



Your shopping basket should be nice and colourful with fruit and vegetables.

We also must consume at least 8 glasses of water each day



Water



Food that should be limited




Here are some points when preparing a serving

9 TOP TIPS
TO MEASURE AND CONTROL
PORTION SIZES

1 Use smaller dinnerware

Using smaller dishes can lower the amount of food you consume while making you feel just as satisfied

2 Use your plate as a portion guide



Protein, 1/4 of a plate

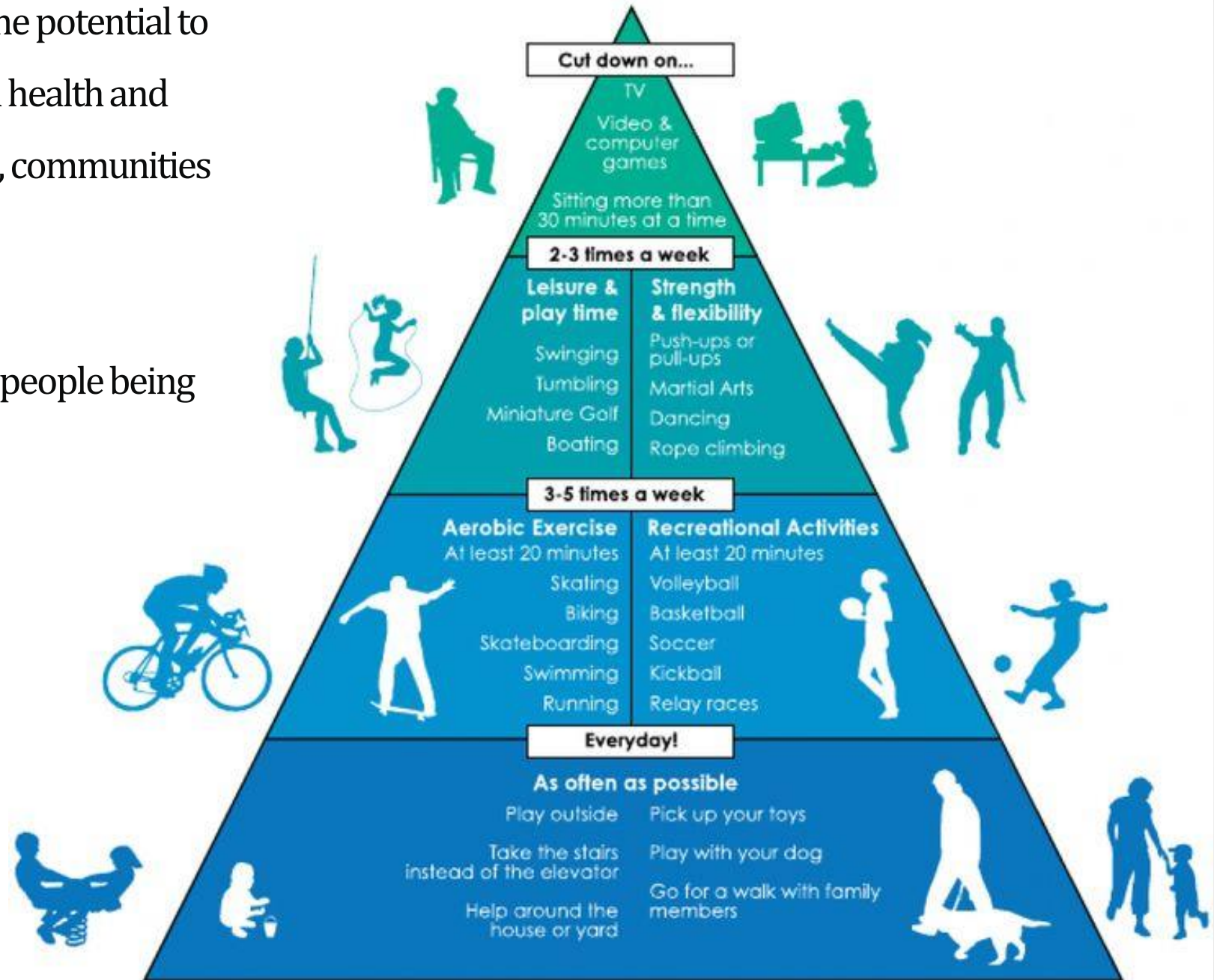
Vegetables or Salad 1/2 a plate

High-fat foods 1/2 a tbsp

Complex carbs 1/4 of a plate

Increasing physical activity has the potential to improve the physical and mental health and wellbeing of individuals families, communities and the nation.

Public Health wants to see more people being physically active.



Walking is a great way to improve or maintain your overall health.

Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.



Test round !

- What are the healthy foods you see in this slide?



Test round

- How much water should we drink everyday ?
- How many portions of fruit and veg should we eat everyday?
- How many times should you exercise a week?

Answers

Well did you get the correct answers?

- We should drink 8 glasses of water a day
- We should eat 5 portions of fruit and vegetables everyday
- We should exercise at least 2 or 3 times a week, depending on your activity levels throughout the day

Happy exercising and Healthy Eating everyone

