

A top-down view of a white ceramic bowl filled with a variety of fresh fruits and nuts. The bowl contains several bright red raspberries, dark blueberries, a few almonds, and several red grapes. There are also some pieces of what appears to be granola or toasted nuts scattered throughout. The background is a soft, out-of-focus light color.

HEALTHY EATING



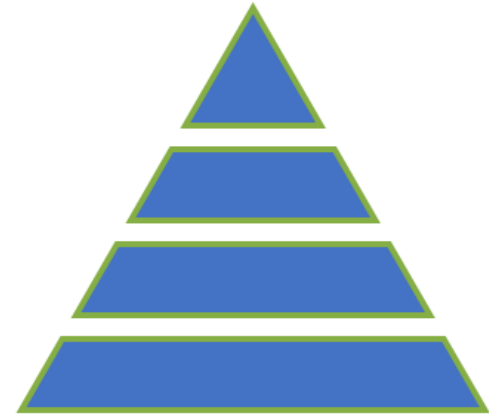
WHY IS HEALTHY EATING IMPORTANT?

Eating well and providing our bodies with the nutrition it requires has several benefits:

- Provides all the nutrients the body needs to function.
- Helps to keep our skin clear and healthy.
- Keeps teeth strong and healthy.
- Gives us energy.
- Assists concentration
- Improves our mood.

THE FOOD PYRAMID

- The food pyramid outlines the number and correct portion size of servings of different foods that should be eaten to ensure a diet is balanced.





FOOD DIARY

- Write down what you would typically eat on a normal day (this is just for yourself to see).
- Now let's examine the food pyramid.

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

! Maximum once or twice a week

For adults, teenagers and children aged five and over

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



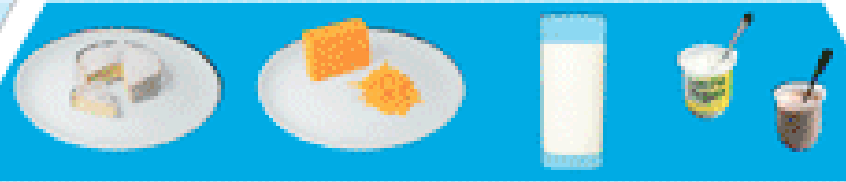
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



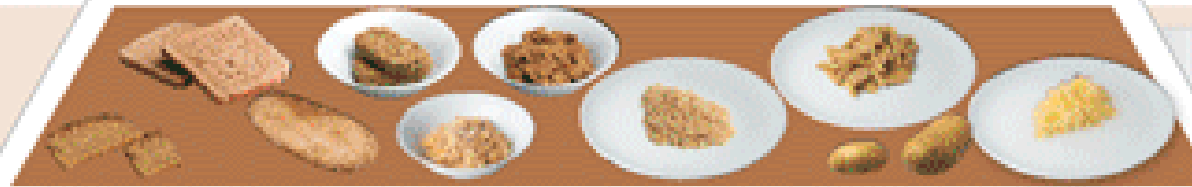
2 Servings a day

Milk, yogurt and cheese



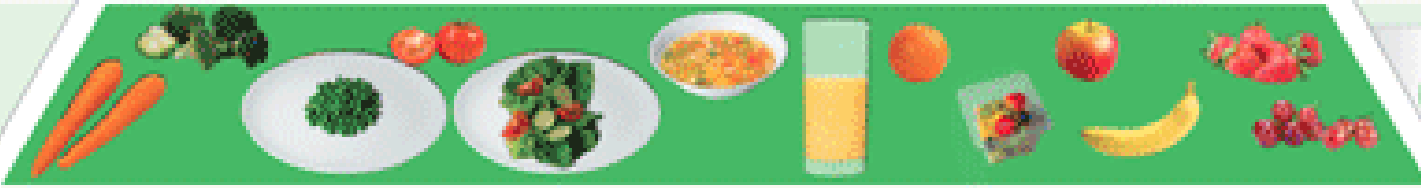
3 Servings a day
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day
Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

USING
YOUR
FOOD
DIARY. . .

- Ask yourself. . .
 1. Did you consume enough fruit/vegetables?
 2. Did you consume enough wholegrain breads/cereals/pasta?
 3. Did you consume enough dairy products?
 4. Did you consume enough meat/fish/poultry?
 5. Did you consume more than the recommended amount of oils/fats/spreads and 'top shelf' foods?

MENU PLANNING

- Set out a menu for yourself for one day (breakfast, lunch, dinner and snacks).
- Ensure that the recommendations made by the food pyramid are met.



A rustic still life composition on a dark wooden surface. In the upper left, a wooden bowl is filled with almonds. A wooden scoop is tilted, spilling almonds onto the surface. To the right, a pile of oatmeal is shown, with some oats scattered around. In the foreground, there are several pieces of bread, some with seeds, and some sticks of butter or cheese. The overall scene is warm and natural, emphasizing whole grains and healthy fats.

DO YOU KNOW THE SERVING SIZE OF
EACH OF THE FOOD GROUPS?

Vegetables, salad and fruit:

- Use a 200ml plastic cup to guide one serving size.



Vegetable, salad and fruit

Apple, orange, pear or banana	1
Plums, kiwis or mandarin oranges	2
Strawberries	6
Grapes	10
Raspberries	16
Cooked vegetables – fresh or frozen	½ cup
Salad – lettuce, tomato, cucumber	1 bowl

Cereals, cooked rice and pasta:

- Use a 200ml plastic cup to guide one serving size.



Meat, fish, poultry:

- The palm of the hand, width and depth without the fingers and thumbs shows how much meat/fish/poultry we need in one day (i.e. this is your recommended two servings).



Cheese:

- 2 thumbs shows a serving size of cheese.



FOR MORE ON THE FOOD PYRAMID:

- Visit: <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>
- This page provides an in-depth description of the food pyramid, serving sizes as well as sample meal plans.

NUTRITION AND STUDY



- Omega-3 helps improve memory and cognitive functioning throughout life.
- Omega-3 cannot be made by the body and therefore must be obtained from foods such as oily fish, fish oils, seeds and nuts.
- It is recommended that we have two portions of oily fish per week.



NUTRITION AND STUDY

- Proteins from lean meat, fish and eggs, fruit, nuts and whole grains are foods that help keep the **brain mentally alert**.
- Snacking on nuts and dried fruit and staying hydrated will **help stop your concentration from wavering**.
- Fruit like bananas, blueberries, and oranges all have natural sugars that **will give you a lift when you're feeling down and out**.
- Antioxidants – fruits and veggies, including berries, and pomegranate juice.
- Monounsaturated fats for **energy** along with carbohydrate foods – avocados, nuts, olive oil, canola oil and peanut oil
- Drink plenty of water to keep you **hydrated and alert**.
Avoid flavoured water as they often contain high amounts of sugar



TRY THESE SIMPLE SWAPS:



Swap:	For:
Processed cereal	Porridge topped with fruit and walnuts
Biscuits or a muffin	Wholegrain crackers with cheese and tomato
Frozen pizza	Homemade wholewheat pizza
Energy drink	Fruit smoothie
Coffee	Green or herbal tea



FOR MORE:

Instagram:

- orlawalshnutrition
- rozannapurcell
- thehappypear

Websites:

- healthyireland.ie
- safefood.ie
- HSE.ie