



MoodMaster®

Enabling professionals to deliver world class materials to those who want and need them.

Eating Healthily

Eating healthily is important for your physical health and your mental health. And it's easy to do. And the rules are simple ...



Rule 1: Don't miss out any of these food groups.

- Protein, in meat, fish and nuts.
- Good fats, in fish oils and olive oil.
- Carbohydrates, in bread, potatoes, pasta and rice.
- Fruit and vegetables.

Rule 2: Don't eat too much.

If you are overweight, then you need to eat smaller portions. Don't diet, just get in the habit of eating smaller portions.



Rule 3: Take exercise.

It doesn't really lose you any weight, but it does make you look good and feel good.





Top Tips:

- Have 3 meals a day at regular times.
- Don't snack.
- If you have a 'problem food' then have a rule about it. For example 'pizza only on Saturdays'.
- Eat slowly.
- Be careful how much you drink (except for water). Most drinks have lots of calories in them.

A food and drink record:

7.30am large bowl of muesli with milk.
1 cup of tea.

11am 1 cup of coffee.

12.30pm tuna and sweet corn sandwich on wholemeal bread. Snickers bar with a cup of coffee.

4pm cup of tea.

7pm Breast of chicken, beans, potatoes.
1 glass of orange squash.

This is the actual food and drink record of a 14 stone man. What do you think?



Discussion

Compare your eating habits with what it says on this sheet, and discuss.

Project

Enjoy eating healthily and feeling good! Tell us how you got on, next time.

Mythbuster:

There's nothing you can do about your weight. **Not true.**

Your weight changes according to how much you eat and drink.