

Fuel Good Healthy Eating Workbook



Page of Contents

3



What is Healthy Eating?

9



Why Healthy Eating is Important?

11



Building a Balanced Plate

13



Making Healthy Choices

15



Meals

22

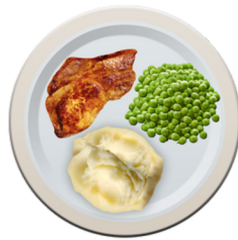


Tips & Staying Motivated

What is Healthy Eating?



Eating a variety of foods from different food groups.



Eating the right amount of food for your body.



Drinking Plenty of Water.

Food Pyramid



Food Groups



Grains
3-5 Portions



Dairy
3 Portions



Protein
At least 2 Portions



Fruit
5-7 Portions



Vegetables
5-7 Portions

Know Your Portions

Protein

At least 2 Portions



3/4 Cup of Beans



Two Eggs



Cooked Meat 1/2
Size of Palm

Dairy

3 Portions



1 Cup of Milk



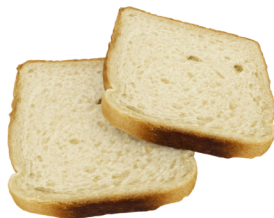
125g Yogurt Carton



25g Cheese or Size
of Two Thumbs

Grains

3-5 Portions



2 Thin Slices



1/3 cup of Oats



2 medium or 4
small potatoes

Fruit & Vegetables

5-7 Portions



1 medium sized



3/4 Cup or 150mls
of juice









1/2 cup fresh or
frozen vegetables

Note: The tables above show the recommended portion sizes for each food group for an average adult, using a regular plastic cup to measure.

Food & Fluid Tracker



Each time you eat or drink from a different food group!

Group	Daily Aim	Tick here
<p>Fruit, Vegetables & Salad</p> 	<p>5-7 portions</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> </div>
<p>Wholegrain Bread, Pasta, Rice, Potatoes & Cereals</p> 	<p>3-5 portions</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> </div>
<p>Milk, Yoghurt & Cheese</p> 	<p>3 portions</p>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> </div>
<p>Meat, Poultry, Fish, Eggs, Beans & Nuts</p> 	<p>At least 2 portions</p>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> <div style="border: 1px solid black; border-radius: 15px; width: 40px; height: 40px; margin: 5px;"></div> </div>
<p>Treat foods</p> 	<p>Not every day</p>	<p>Try not to have ticks here everyday!</p>
 <p>Water</p>	<p>2 litres (8 glasses)</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> </div>

Can you circle the Healthy Foods ?



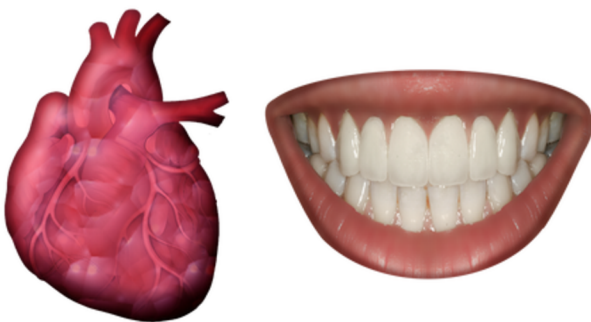
Why is Healthy Eating Important?



Keep your body healthy and strong.



Give you energy to do the things you love.

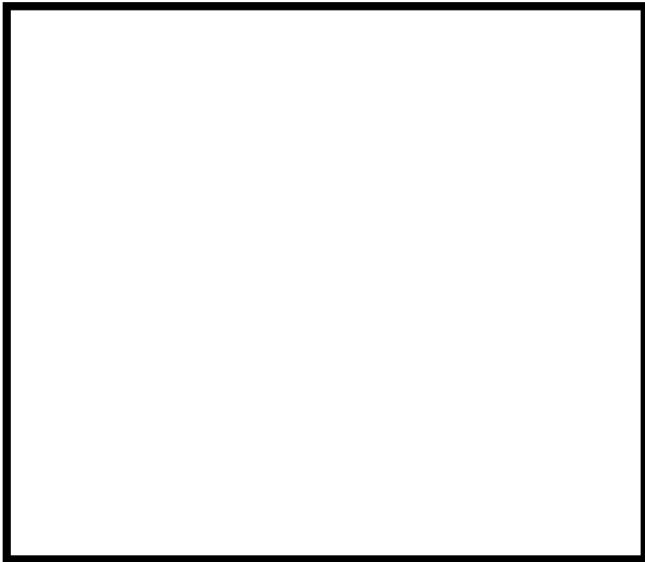


Keep your heart, teeth and bones healthy.

Activity



Draw a picture or list your favourite healthy food's.





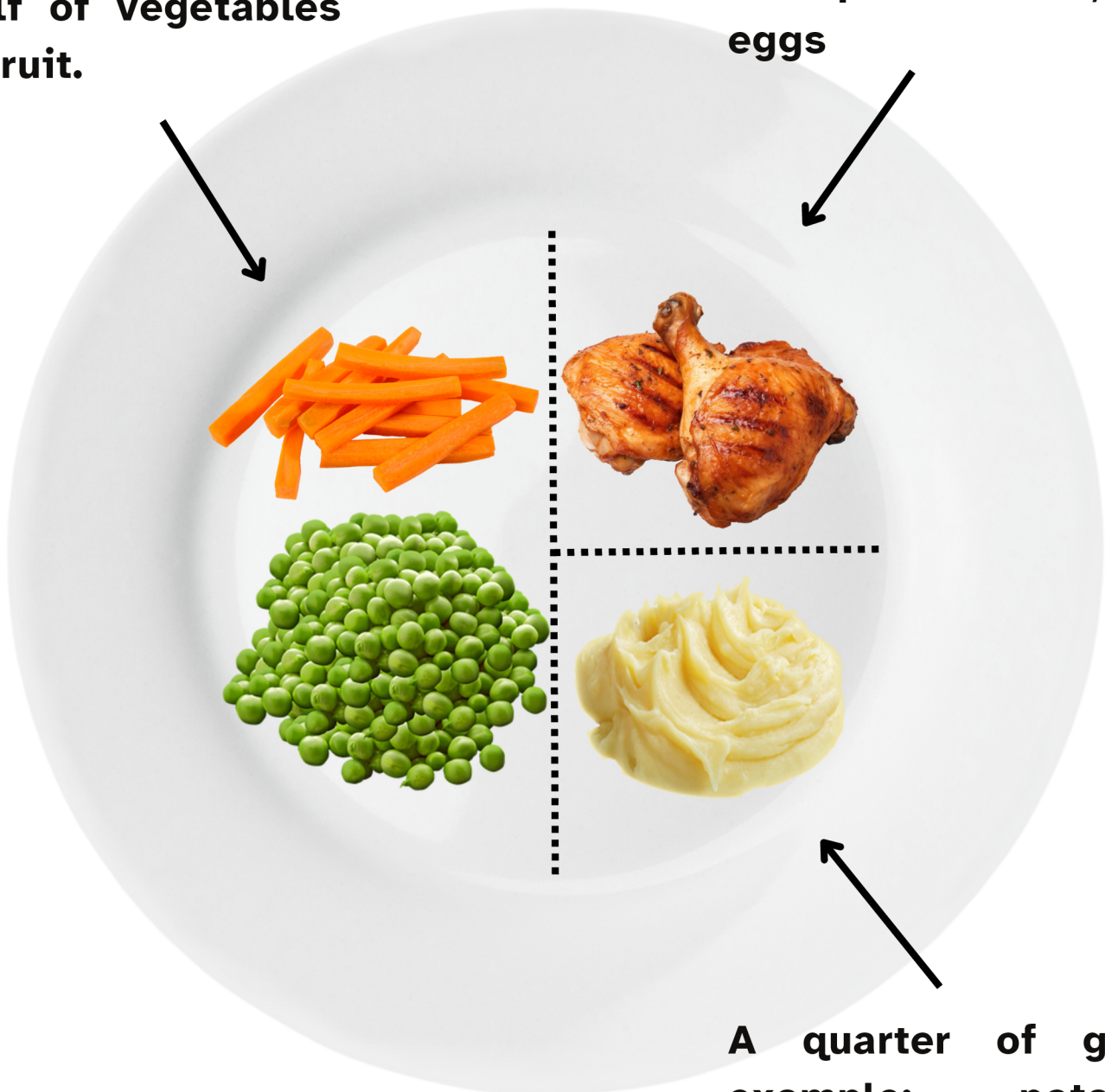
Draw a picture or write about how it helps your body.



Building a Balanced Plate

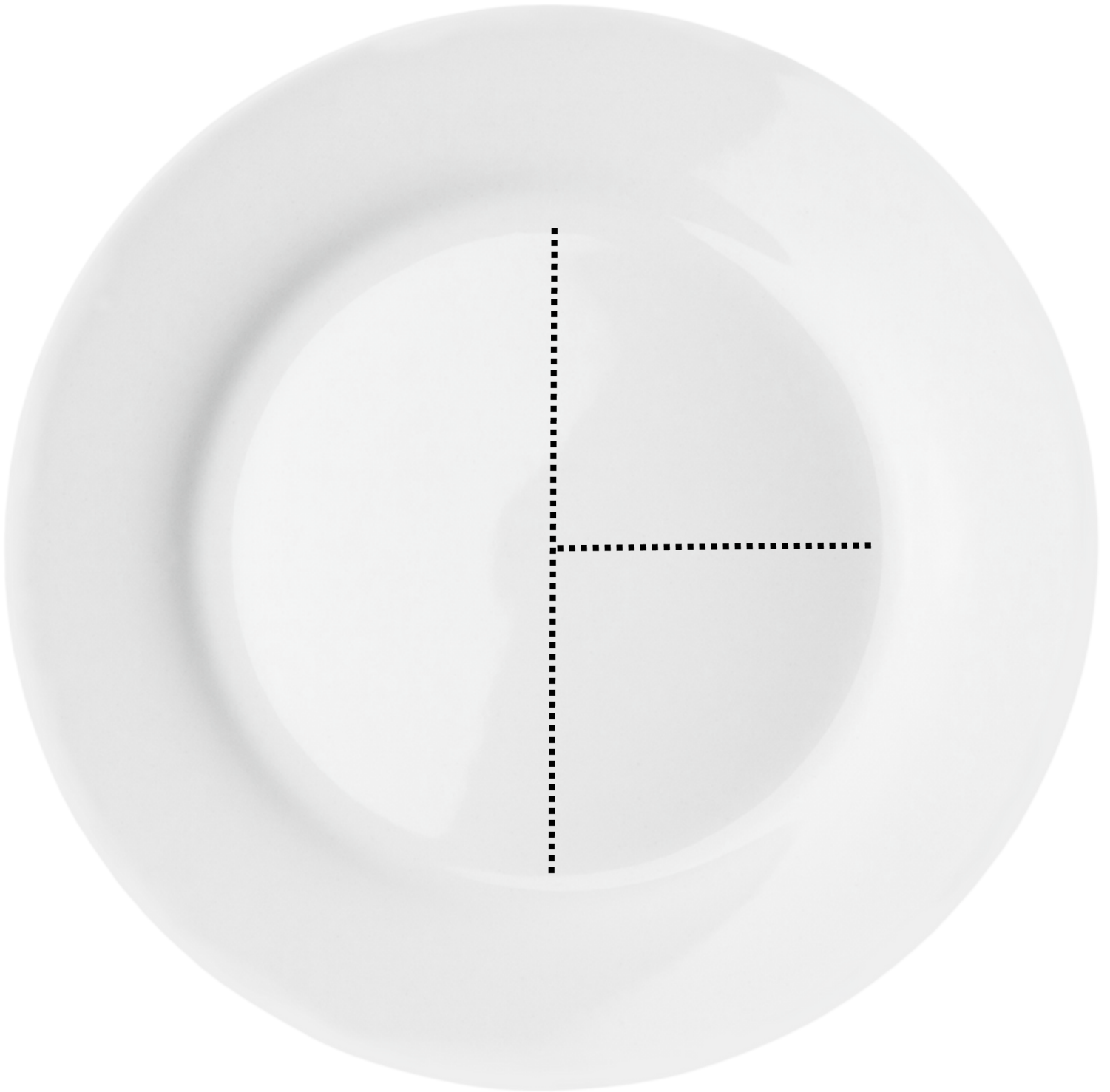
Half of vegetables
& fruit.

A quarter of protein
example: chicken, fish,
eggs



A quarter of grains
example: potatoes,
rice, pasta

Build Your Plate



Draw or glue pictures of foods to make a balanced meal.

Tips for Healthy Choices



Water instead of Sugary Drinks.



Eat whole fruits instead of fruit juices.

Healthy Snack Options



Nuts



Yogurt



Dried Fruit

Healthy Swaps

Match the food to the healthier choice.



Crisps



Water



Coca Cola



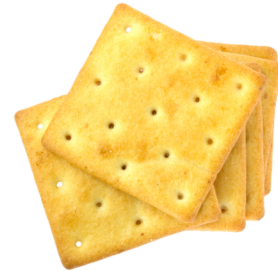
Popcorn



Biscuits



Crackers



Sweets



Fruit



Planning Your Meals



Steps:

- 1 Pick a food from each food group



- 2 Make a shopping list



- 3 Prepare your meals at home










- 4 Save Time and Money





Meal Planner

Plan each meal for one week

Day	Breakfast	Lunch	Dinner	Snacks
 <p>Monday</p>				
 <p>Tuesday</p>				
 <p>Wednesday</p>				
 <p>Thursday</p>				
 <p>Friday</p>				
 <p>Saturday</p>				
 <p>Sunday</p>				

Cooking Simple Meals

Fruit Salad

1.



Wash and dry your favourite fruits.

2.



Cut and chop your fruit.

3.



Add to a bowl and enjoy.

Cooking Simple Meals

Veggie Wrap

1.



Wash and slice your vegetables.

2.



Spread hummus on to a wrap.

3.



Add your vegetables, roll and enjoy.

Cooking Simple Meals

Oatmeal

1.



Add g of oats and g of milk to a bowl.

2.



Heat for mins in a microwave.

3.



Add a handful of fruit and nuts, enjoy.



Activity



Try one recipe, take a picture of your dish.

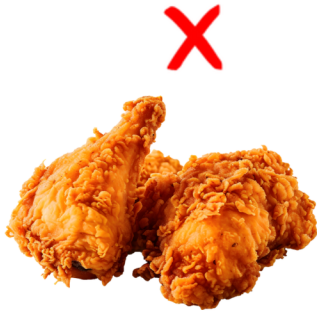


How did it taste ?



Write about what you liked.

Tips for Eating Out



Choose grilled or baked foods instead of fried.



Ask for sauces and dressings on the side.



Share a meal or take leftovers home.

Staying Motivated



Set small goals, like eating one more fruit or vegetable each day.



Celebrate your achievements with non-food rewards.

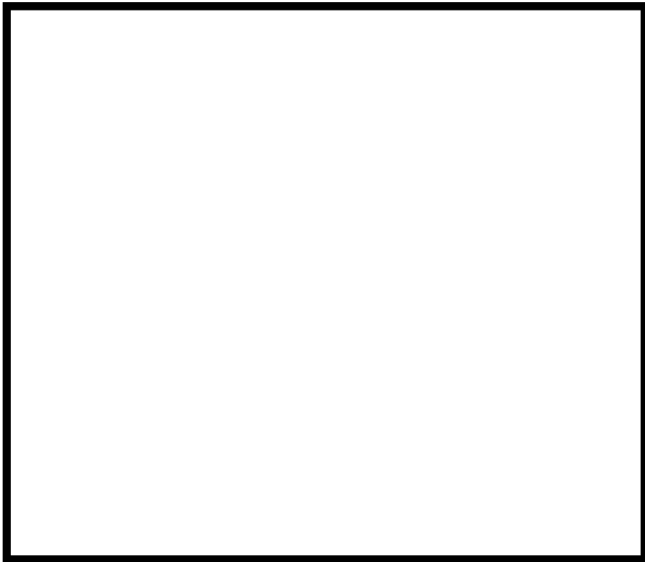


Ask friends or family to join you by eating healthy.

Activity



Draw or write one healthy eating goal.





Draw or write about how you will celebrate reaching your goal.



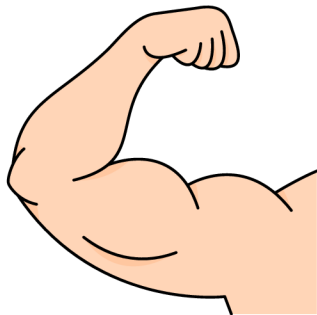
Remember

There are many benefits for eating healthy.

Small changes make a big difference !



Support our Muscles



Feeling Good



Healthy Bones & Teeth



Reduce Risk of Disease



Useful Resources

For more information about Healthy Eating see list of websites below:



Safefood

www.safefood.net/recipes

www.safefood.net/101-square-meals-cookbook

Irish Heart

www.irishheart.ie/recipes

Bord Bia

www.fruitnveg.ie

HSE

www2.hse.ie/living-well/healthy-eating/how-to-eat-well/

This workbook was created by the Activity Hub in collaboration with the Dietetics Department:

Denise Mc Carthy - Dietitian Manager
Christina Rafferty - Senior Dietitian
Dylan Casey - Activity Hub Coordinator

For more information about
healthy eating visit

www.smh.ie/activityhub

