

# Fuel Good Healthy Eating Workbook

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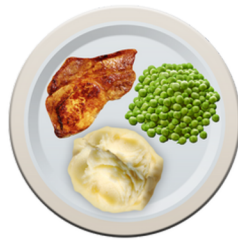


**Tips & Staying Motivated**

# 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



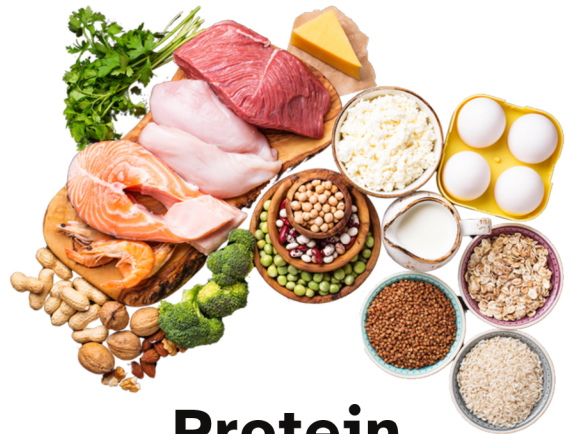
# Food Groups



**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



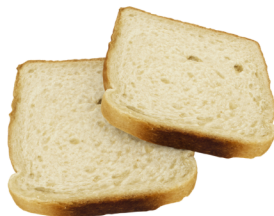
125g Yogurt Carton



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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 ?





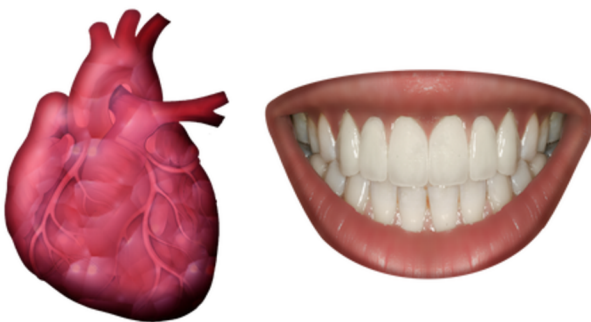
# Why is Healthy Eating Important?



**Keep your body healthy and strong.**



**Give you energy to do the things you love.**

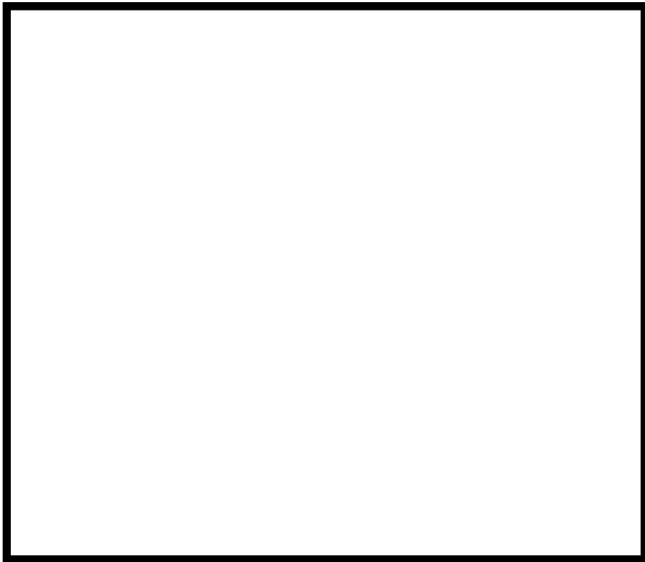


**Keep your heart, teeth and bones healthy.**

# Activity



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



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



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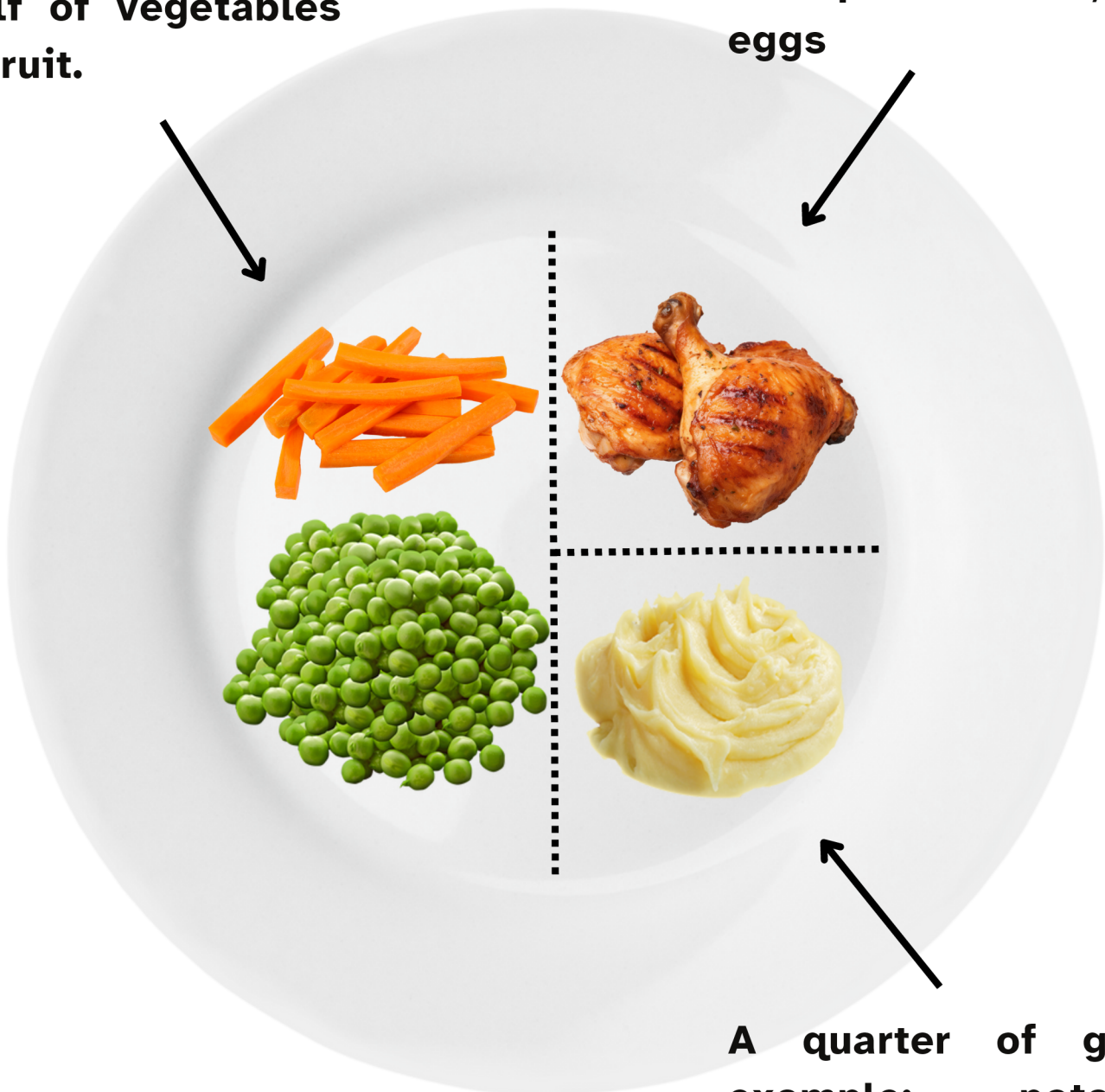
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# Building a Balanced Plate

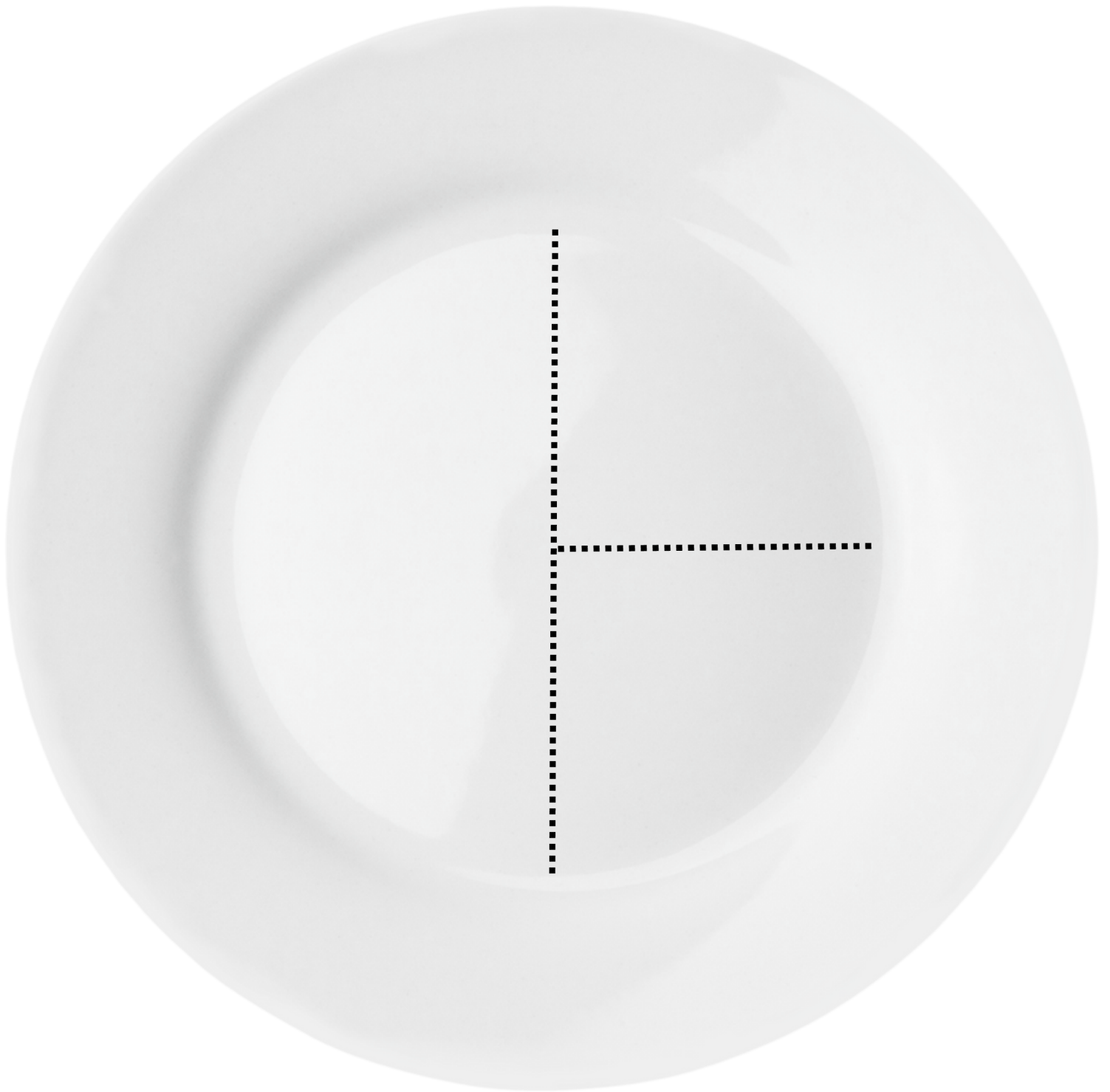
Half of vegetables  
& fruit.

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.**

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2.



**Cut and chop your fruit.**

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3.



**Add to a bowl and enjoy.**

# Cooking Simple Meals

## Veggie Wrap

1.



**Wash and slice your vegetables.**

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2.



**Spread hummus on to a wrap.**

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3.



**Add your vegetables, roll and enjoy.**

# Cooking Simple Meals

## Oatmeal

1.



**Add 40g of oats and 220ml of milk to a bowl.**

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2.



**Heat for 2minutes in a microwave.**

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3.



**Add a handful of fruit and nuts, enjoy.**



## Activity



Try one recipe, take a picture of your dish.



How did it taste ?

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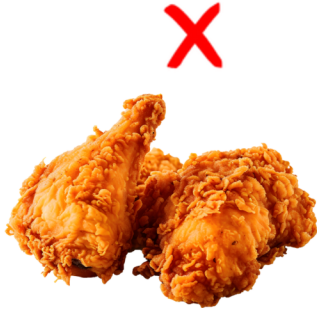
Write about what you liked.

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## 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.**

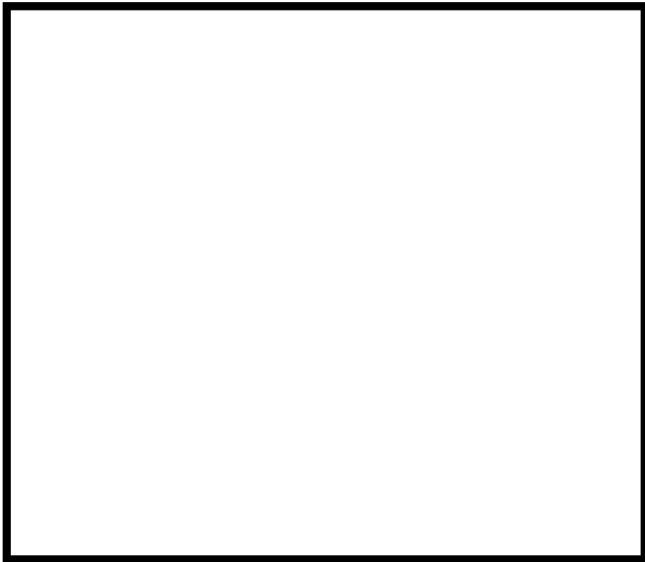


**Ask friends or family to join you by eating healthy.**

# Activity



Draw or write one healthy eating goal.



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



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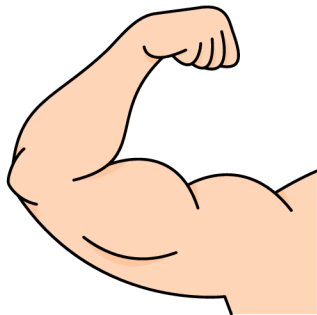
# Remember

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:



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### **Safefood**

[www.safefood.net/recipes](http://www.safefood.net/recipes)

[www.safefood.net/101-square-meals-cookbook](http://www.safefood.net/101-square-meals-cookbook)

### **Irish Heart**

[www.irishheart.ie/recipes](http://www.irishheart.ie/recipes)

### **Bord Bia**

[www.fruitnveg.ie](http://www.fruitnveg.ie)

### **HSE**

[www2.hse.ie/living-well/healthy-eating/how-to-eat-well/](http://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:**

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**Christina Rafferty - Senior Dietitian**  
**Dylan Casey - Activity Hub Coordinator**

For more information about  
healthy eating visit

[www.smh.ie/activityhub](http://www.smh.ie/activityhub)

