

Weekly Food Intake

A great way to track your progress is a daily food diary. Log what meals/snacks you have each day.

Monday

Breakfast:

Lunch:

Dinner:

Snacks:

Tuesday

Breakfast:

Lunch:

Dinner:

Snacks:

Wednesday

Breakfast:

Lunch:

Dinner:

Snacks:

Thursday

Breakfast:

Lunch:

Dinner:

Snacks:

Friday

Breakfast:

Lunch:

Dinner:

Snacks:

Saturday

Breakfast:

Lunch:

Dinner:

Snacks:

Sunday

Breakfast:

Lunch:

Dinner:

Snacks:

What goals are you hoping to each achieve?

Please tick:

Lose weight

Maintain healthy weight

Gain healthy weight/muscle

TOP TIP

To better help monitor calorie intake, download an app such as 'MyFitnessPal'. This will give accurate information and help you achieve your goals

Diet and Nutrition

Overview

This pamphlet is designed to educate you with **top tips to improve your diet and nutrition**. It is important to remember good health is about the mind as well as the body – feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life. Staying in good health is important to all of us and can become particularly important in later life. Sometimes it can be difficult to find the motivation, time and energy to make changes to our lives, however a bit of effort can make a big difference and pay off in many ways.



**ST MARY'S
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Top tips for a healthy diet and nutrition

Diet and Nutrition

When we think of 'diet' most people assume this means losing weight when in fact it is **WHAT** we eat. We all enjoy the odd takeaway, a bit of chocolate and sweets but if we consume too much sugary food and foods high in salt this can result in many negative outcomes such as obesity and our bodies becoming dependant on quick fixes to stimulate us. Foods high in sugar and salt give us quick boosts of energy but if not consumed with a balanced diet this results in huge dips in energy and concentration as well as weight gained often as fat.

Did you know.....?

1. To keep your weight the same, you need to burn the same number of calories as you eat and drink
2. To lose weight, burn more calories than you eat and drink
3. To gain weight, burn fewer calories than you eat and drink

What if I consume too much sugary food/drink?

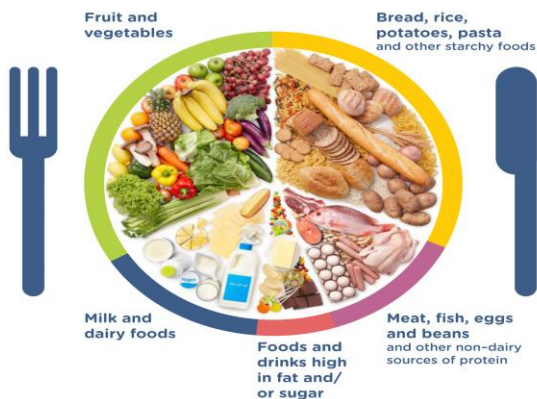
When you consume a lot of refined grains and sugar-rich foods, your glucose levels spike and drop repeatedly, resulting in unstable blood sugar levels. Over time, these dramatic changes in your blood sugar levels can lead to insulin resistance, which is characterised by a decreased sensitivity to insulin. If this condition is not corrected, it can advance to **Type 2 diabetes**.

Diet and Nutrition

We should eat a minimum of 5 portions (1 portion is a handful) of fruit and/or vegetables a day and eat a balanced diet (see **Eatwell Plate** below) to provide us with energy for daily tasks and avoid more serious health issues in the future.

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



TOP TIPS

1. Want to lose weight? Eat less sugary food and replace with healthier snacks such as a piece of fruit, protein shake or if you are a crisp lover try Walkers Sunbites as these contain around 50% less fat than normal crisps!
2. Avoid eating late at night! Eat little and often through the day and drink plenty of fluids to reduce cravings.

Drink plenty of fluids

The daily recommended amount of fluids for men is 3.7 litres (15 cups) and for women is 2.7 litres (11 cups). Roughly 20% of our fluid intake will come through food and the rest from drinks. Of course, this amount depends on how healthy you are, how active you are and the environment you live, study or work in. Every cell, tissue and organ in the body needs water to function properly. For example, water:

- Gets rid of waste through urination, perspiration and bowel movements
- Keeps temperature normal
- Protects sensitive tissues
- Lubricates joints

A consequence of not drinking enough fluids is dehydration. This can lead to many negative effects to our body such as headaches, tiredness, low blood pressure, dry skin, becoming irritable and easily confused as well as poor concentration levels. Aim to drink little and often to help combat dehydration.

TOP TIPS

Drinking plenty of fluids reduces the temptation to snack on sugary foods. Thirst is often confused with hunger!

Avoid drinking large quantities of sugary drinks. These can lead to many negative health implications and in some cases irreversible health conditions