

weightwise



# Getting the balance right

young adults



# Healthy eating - What's in it for me?

## **FACT** Feeling great

Sometimes it can be difficult to see the benefits of eating healthily. No single food can make you smarter, trendier, more attractive or help you succeed in your chosen career. But a balance of healthy foods can help you feel great. And if you feel great you're more likely to look great too.....

## **FACT** Fuel for growth

As a young adult you need lots of energy (calories) for growth and to keep up with the pace of life around you. There's no doubt that eating healthily and exercising regularly also helps you to feel more energetic.....



## **FACT** Healthy skin

Eating fatty and greasy food doesn't make your skin greasy or give you spots, but your skin does need looking after. Drink plenty of fluids to keep yourself well hydrated – this is the first step towards healthy skin. Healthy skin also depends on a good intake of vitamins and minerals such as those found in fruit, vegetables, milk, nuts, fish, wholemeal bread and cereals.

## **FACT** Think smart

If you are thirsty or hungry, you lose your ability to concentrate on the simplest of things. So an important part of being on the ball is to eat and drink regularly. Don't skip meals, especially breakfast and if you snack between meals, choose healthier options whenever you can.

## **FACT** A healthier shape for you

Aiming for a good balance between the energy (calories) you get from food and the energy (calories) you use up everyday will help you stay in shape.

Just a few small changes can make a big difference.

**So why should you think about what you eat and drink?**

To help you to:

- look and feel great ✓
- feel more energetic ✓
- have healthy skin ✓
- concentrate better at work, college and socially ✓
- stay in shape ✓



# Let's get physical!

Not doing much at the moment? Try starting with a 10-minute walk everyday and build it up. Aim to be physically active for at least an hour everyday. To make it easier divide it into 10-15 minute chunks of activity throughout the day.

Being active helps to control your weight but that's not all - it's good for your whole body and helps you feel less stressed.

Don't do sport? The good news is all types of activity count, from dancing or walking to throwing a frisbee with your friends. Mix it up a bit. Just like with a healthy diet, a variety of activities is good for your body.

Being more active means that you need to replace lost fluids more regularly, especially if the weather is hot, so remember to take a drink of water, diluted fruit juice or other low-sugar drink with you.



## Try these activities

Walking (the dog, to work, to college, to the shops)

Swimming

Cricket, rugby, football

Get on your bike

Frisbee, rounders

Table tennis

Skate boarding

Roller blading or ice skating

Dancing

Rowing, canoeing or other water sports

Martial arts

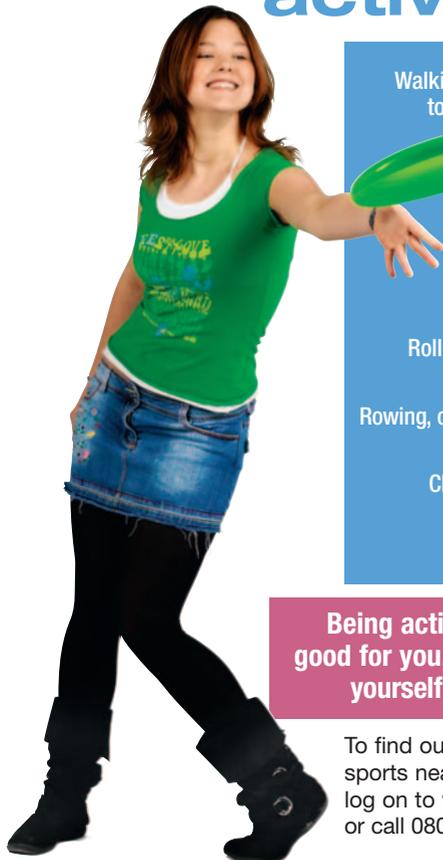
Climbing or hill walking

Gymnastics

Running or jogging

**Being active, more often, is not only good for you, it helps you feel good about yourself and more confident too.**

To find out where you can get active or play sports near your home, college or work, log on to [www.everydaysport.com](http://www.everydaysport.com) or call 0800 587 6000



# Why is it important to eat regular meals?

If you eat regular balanced meals you're more likely to have a healthier body size and shape than those who eat on the run, miss meals and rely on regular snacking. So try and ensure that you base meals on the 5 key food groups:

Aim to eat 5 portions\* of fruit and vegetables each day to give you vitamins, minerals and fibre

Aim to drink around 6 - 8 glasses of water and low-sugar drinks each day to help your body work properly

Include some meat, fish, eggs, beans, lentils or nuts



Make healthy energy foods such as bread, breakfast cereal, potatoes, rice or pasta part of every meal

Aim for 3 portions of dairy foods (milk, cheese, yogurt) each day to help give you healthy bones and teeth

Eat foods high in fat and/or sugar in moderation

\* see page 2 for what is a portion

## Why **breakfast** is a **must**

Breakfast is important because it kick starts your body. Overnight your body has been gently ticking over (like being on standby) and slowly using up stored energy.

It is probably the longest time that the body goes without food each day so when you wake you need to replace used up energy stores ready for the day ahead. One in five children skips breakfast although scientists have actually proved that eating breakfast improves your ability to concentrate.



### A few breakfast options:

Breakfast cereal with milk - try a wholegrain or high fibre variety

Thick cut wholemeal toast

Fruit smoothie e.g. made with banana, yogurt and a splash of milk

Homemade bacon, lettuce and tomato sandwich - grill the bacon and remove the rind

Porridge or instant oats

Chopped fruit with yogurt

Toasted bagel or bread muffin

\* One portion = one handful of vegetables or one medium piece of fruit. Remember that fresh, frozen, dried, canned fruit and vegetables and a glass of juice all count.

## Healthy quick meal options

- Baked beans on toast with fruit juice and a yogurt
- Jacket potato with coleslaw, tuna and sweetcorn or vegetable curry
- Scrambled eggs, lightly cooked mushrooms, sliced tomato with wholemeal bread
- Fish fingers, peas and oven chips/baked wedges
- Vegetable soup and hot crusty bread
- Pitta pockets with lean meat and plenty of salad



## Smart choices when eating out

Making smart choices doesn't mean you shouldn't eat pizza, burgers or chips – simply reduce how often you have them and try to strike a balance throughout your week. For more ideas on making smart choices when eating out check out [www.teenweightwise.com](http://www.teenweightwise.com)

### Healthy main meals at home

- Spaghetti Bolognese with a side salad or corn on the cob
- Vegetable stir fry with added strips of meat, fish, tofu or nuts and Chinese noodles
- Lamb and vegetable kebabs with boiled rice and a green salad
- Homemade beef or veggie burger served in a bread bun with your favourite vegetables and salad



### Sensible drinking

If you drink\* choose wisely and remember regular drinking, even in small amounts, can contribute to weight gain. Avoid excess and binge drinking as this can seriously affect your health. Men shouldn't drink more than 3-4 units a day and women no more than 2-3 units a day. A typical pub measure of wine, an alcopop and a bottle of lager are all at least 1½ units.

\* the legal age for drinking in the UK and ROI is 18.

For more information on sensible drinking visit: [www.wrecked.co.uk](http://www.wrecked.co.uk)

## Perfect Portions?

1. Do you have plenty of vegetables or salad on your plate?
2. Do you know when you've had enough food at mealtimes?
3. Do you feel uncomfortably full after a meal?

### Check out the advice below

1. If you can answer yes to this well done so far, you're on the right track. Try to cover at least a third of your plate with vegetables or salad.
2. Knowing when your body has had enough to eat is an important part of getting the balance right.
3. If you do, it probably means you are eating too much or your portion sizes are too big. Check out the smart way to arrange your plate below.



# Healthy Bodies

Worried about your body? You're not alone. Many other people worry too.

Don't forget that you may still be growing and so it's perfectly natural to go through changes in shape and body size.

Although it may seem trendy to be thin, keeping yourself too skinny can be bad for your health. If you're underweight because you are not eating enough, you could be missing out on vital nutrients. One of these is iron\*, if you don't eat enough, you might feel very tired, making activity much harder to do.

## A healthier shape for

**YOU**

Regular exercise alongside regular healthy meals will improve your fitness, tone up muscle, help to achieve a healthier shape, and make you feel better overall.

Some people find they struggle with their weight more than others - for all sorts of reasons. Whether you feel you need to lose or gain weight, or just tone up, get some advice from those around you, including parents, guardians, tutors, trainers or your family doctor. Support really helps. You can also find more information at:

[www.teenweightwise.com](http://www.teenweightwise.com)



\* red meat, chicken, turkey, fish, beans, green leafy vegetables and fortified breakfast cereals all contain iron.

# Smart Snacking

**Fact: It's ok to snack  
– so long as you maintain a  
healthy balance of foods and  
get active.**



As a young adult, it's natural to feel hungry between meals. The key to healthy snacking is down to the foods you choose, not just grabbing anything at anytime. No snack should be off limits just because it's seen as bad for you. Its more important to have a wide range of different snacks at regular times.

If you eat a lot of stuff from vending machines, watch out! Try to replace some high fat, sugar and salty snacks like crisps, chocolate and fizzy drinks with fresh or dried fruit more often. Save cash by packing fruit from home each morning.



## Good ideas for snacks



- Bowl of cereal with milk
- Toast with peanut butter
- Vegetable sticks with dips
- Houmous and pitta fingers
- Yogurt or yogurt drinks
- Glass of milk
- Fruit smoothie
- Bowl of vegetable soup
- Beans on toast



- English muffins
- Homemade popcorn
- Toasted bagel or crumpet

## Grab and go snacks

- Fresh or dried fruit
- Cereal bars
- Mixed nuts
- Malt loaf
- Hot cross bun



# Where to go for more information:

[www.teenweightwise.com](http://www.teenweightwise.com)  
[www.kelloggs.co.uk/health](http://www.kelloggs.co.uk/health)  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
[www.bhf.org.uk](http://www.bhf.org.uk)  
[www.nutrition.org.uk](http://www.nutrition.org.uk)  
[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)  
[www.kidnetic.com](http://www.kidnetic.com)  
[www.sussed.uk.net](http://www.sussed.uk.net)  
[www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)  
[www.wrecked.co.uk](http://www.wrecked.co.uk)  
[www.everydaysport.com](http://www.everydaysport.com)



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This leaflet is written and published by the British Dietetic Association in association with Kellogg's as part of the BDA's Weight Wise: The Next Generation campaign.

The BDA is grateful to the 'Starting Out' project in Wythenshaw, Manchester and Burnham Grammar School, Buckinghamshire for their assistance in this project.

The BDA is the professional association for registered dietitians working in the UK. For more information on the BDA and its Food First campaigns visit our website at [www.bda.uk.com/weightwise.html](http://www.bda.uk.com/weightwise.html)

For more information and practical advice on weight management visit [www.teenweightwise.com](http://www.teenweightwise.com)

More copies of this leaflet can be obtained by calling the Kellogg's Careline UK 0800 626 066, ROI 1800 626 066

More copies of other Weight Wise materials can be obtained by calling John McCormick & Co. Ltd. on 0141 429 4222 or by downloading an order form from [www.bda.uk.com/weightwise.html](http://www.bda.uk.com/weightwise.html)



Printed on Recycled Paper

Aimed at young adults 16 - 19 years

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