



Looking after yourself

You need food to give you energy and to keep you healthy and having a good balanced diet is important.

If you eat too much you will put on weight but if you do not eat enough you will lose weight. Being overweight or underweight is bad for your heart and can stop you doing activities.

Here are some foods to cut down on when you're trying to lose weight.

- French Fries and crisps. Whole potatoes are healthy and filling, but french fries and crisps are not
- Sugary drinks (fizzy drinks like Coke, Sprite, etc)
- White bread
- Chocolates and sweets
- Pastries, biscuits and cakes
- Most fruit juices
- Some types of alcohol (especially beer)
- Ice cream



Fresh fruit and vegetables are very good for you so try to eat at least one portion of vegetables with every meal.

Try eating a banana, apple or an orange which is a healthy snack.

Drinking plenty of water is good for you, try not to have fizzy and sugary drinks.

Being Active

Regular exercise is very important to keep your body healthy.

Try to do some exercise 3 times a week. This can be walking which is very good for you.

Try getting off the bus one stop early and walk the extra distance!

