

Healthy lifestyle

Eat healthily!

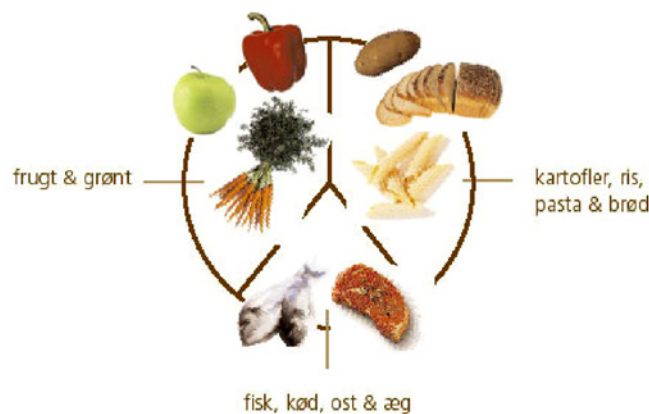
Why should I eat healthily?

You should eat healthily because your body needs energy so that you can play, think clever thoughts and take part in sport. It is a good idea to eat three main meals and two to three healthy snacks a day. In this way, your body is supplied with energy almost constantly, which boosts your metabolism. Regardless of how much you eat a day, however, your food should be healthy and varied.

Think twice before skipping a meal!

- Nothing beats breakfast
- Maintain your concentration with lunch
- Eat healthy snacks between meals!

When you eat healthy and varied food, you get a maximum of 30% of your energy from fat, 50-60% from carbohydrates and 10-20% from protein, and your vitamin and mineral requirements are also met. These figures should be understood as an average for your food as a whole taken over the full day and not for the individual meals. On the plate you can see how the individual foods break down in terms of what you should eat.



Vitamins and minerals

If you eat healthy and varied food, you have a greater chance of meeting your requirements for vitamins and minerals. Fruit and vegetables in particular are rich in minerals. In fact, vitamins and minerals are extremely important for your body. Vitamins keep the body and its organs working. You could say that they have the same effect as the chain on your bicycle.

There are 13 known vitamins, nearly all of which are named with a letter such as A, B, C, D, E. You need all types of vitamin, and you can meet your requirements by eating lots of different types of fruit and vegetable.

The body uses minerals to get the vitamins to work. They are a form of building stone in the body. The mineral calcium is the body's most important mineral and is used, for example, to build your bones and teeth. So you cannot do without minerals.

Most people get their vitamin and mineral requirements by eating healthy and varied food. If you are older 10, you should eat 600 grams of fruit and vegetables every day. If you are younger than 10, you should eat 400 grams. You are free to eat more, however, provided that you also eat things other than vegetables such as meat, fish, pasta, rice, etc.

How you get energy from food?

Vitamins and minerals make the body work – they monitor that everything is running as it should. We also get a lot of energy from food. Food contains nutrients, which the body's 'engine' is able to burn so that you get energy to go to school, play or take part in sport.

There are three types of energy-giving nutrient:

- Carbohydrates
- Protein
- Fat

Carbohydrates

Carbohydrates are a very important source of energy for your body, and a lot of your energy should therefore come from carbohydrates. They are found, in particular, in potatoes, rice, pasta, bread, fruit and vegetables in the form of starch, sugar and fibre.

Protein

Proteins are the body's building stone. They are used to build

- new tissue, if for example you scratch your elbow;
- enzymes, which help to digest the food that you eat;
- hormones, which help to control how much you grow;
- cells, which all living organisms are made of (a human being consists of billions of cells).

Protein is found in, among other things, meat, fish, poultry, dairy products, cheese and eggs. You need fewer proteins than carbohydrates in a day.

Fat

You cannot do without fat in your diet. Fat is an important source of energy for your body. It is used, among other things, to build the body's tissue and to utilise fat-soluble vitamins. However, you should not get too much fat because it will be stored in your body and you will become fat.

To avoid eating too much fat, it is a good idea to eat lean meat such as turkey or chicken. You should also eat fish and use oil rather than butter. And you can also cut off the fatty edge of your meat.

How much should I eat?

It is difficult to give a clear answer to exactly how much food you should eat. It all depends on your height, weight, age, how active you are, and whether you are a boy or a girl. However, there are a few rules that you can follow. For example, children under the age of 10 should eat a minimum of 400 grams of fruit and vegetables every day, while children above the age of 10 should eat a minimum of 600 grams.

It is also healthy to spread your meals throughout the day. If you get very hungry during the day, you can easily end up eating too much of the wrong things because your body will be crying out for quick energy. We often satisfy this type of hunger with sweets and other unhealthy snacks. You should therefore eat more small, healthy meals. In this way, your body will always have something to produce energy from and you will avoid being tempted to eat unhealthily.

Stay active!

Exercise 60 minutes a day

It is important to exercise in order to burn excess calories and retain a healthy, strong body. Even if you are thin, this is not necessarily healthy if you are in poor condition. You will get puffed out more quickly and your body will become tired quickly. If you weigh too much and you are in poor condition at the same time, your body quickly gets overloaded. This can make you tired, lacking in concentration and lazy. There is also a much greater chance of getting ill when you are older than if you stay in good shape and eat healthily. Whether you are fat or thin, you should therefore exercise at least 60 minutes a day. In this way, you can achieve a healthy lifestyle.

Calories in, calories out – find the balance!

Achieving a healthy weight is a balancing act. Food is the fuel that our body uses for energy. The amount of energy contained in food is called calories. The more calories you eat, the more energy you get. Your body burns calories all the time – when you are running, cycling, walking, and even when you are sleeping.

Your weight is consistent when the amount of calories you eat equals the amount of calories you burn. The more you exercise, the more calories your body burns. When balancing your diet and exercise, you need to look at calories in and calories out over an entire day. Remember that it is OK to treat yourself once in a while as long as you make up for it with healthy food and exercise the day after.

How to lose weight?

When you eat too many calories compared with your activity level, the extra calories turn into fat. If you want to lose weight, you need to eat fewer calories and be more active. For example:

- You should be active for 60 minutes every day. Riding your bike or playing instead of watching TV will also help. Even cleaning your room is healthy – and fun too! Isn't it?
- Some foods contain more calories than others. Chips and sweets contain lots of calories, whereas fruit and vegetables contain few calories. You can control your calorie intake by choosing less rich food products.

Easy calorie-cutting tips

- If you cannot do without your burger, sweets and chips once in a while, eat half of what you usually do. That will halve your calorie intake.
- Drink water instead of fizzy drinks or juice, which are rich in calories.
- Eat fruit instead of chocolate bars. Nothing beats fresh fruit!

The most important thing to remember about weight and food is that you should always compare your calorie intake with your activity level.