MY LIFE-FIT HABITS HEALTHY EATING

What are some ideas to ensure Healthy eating?

- Eat a healthy breakfast everyday
- Learn about where foods are grown and come from
- Try new food and help with cooking
- Turn off the TV and computer at mealtimes
- Be physically active

How can I boost my healthy eating?

To boost your health and well-being, you need to ensure you are eating healthy. To achieve this, you can follow the Australian Dietary Guidelines.

How to make Healthy Eating choices?

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
2. Enjoy a wide variety of nutritious food from the five food groups:
   - Vegetables
   - Grains
   - Fruit
   - Meat, chicken, fish eggs
   - Dairy products
3. Drink plenty of water
4. Limit your intake of foods containing saturated fat, added salt, added sugars and alcohol

Try this Life-Fit Healthy Eating Challenge

For 30 days, cut out all sugary drinks from your diet - no juice, no cordial, no soft drink. Make sure you drink 8 cups or 2 Litres of water a day.
If you are 7 years or younger, drink one cup of water for every year of your age. For example,

7 years = 7 cups a day
6 years = 6 cups a day

Ask your parents to take a look at these helpful apps with great tips that can benefit you

Food switch:
https://itunes.apple.com/au/app/foodswitch/id478225318?mt=8
That sugar app:

http://thatsugarfilm.com/app/

How to get extra help to boost your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.
Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
http://www.brave-online.com/

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