

Healthy Choices

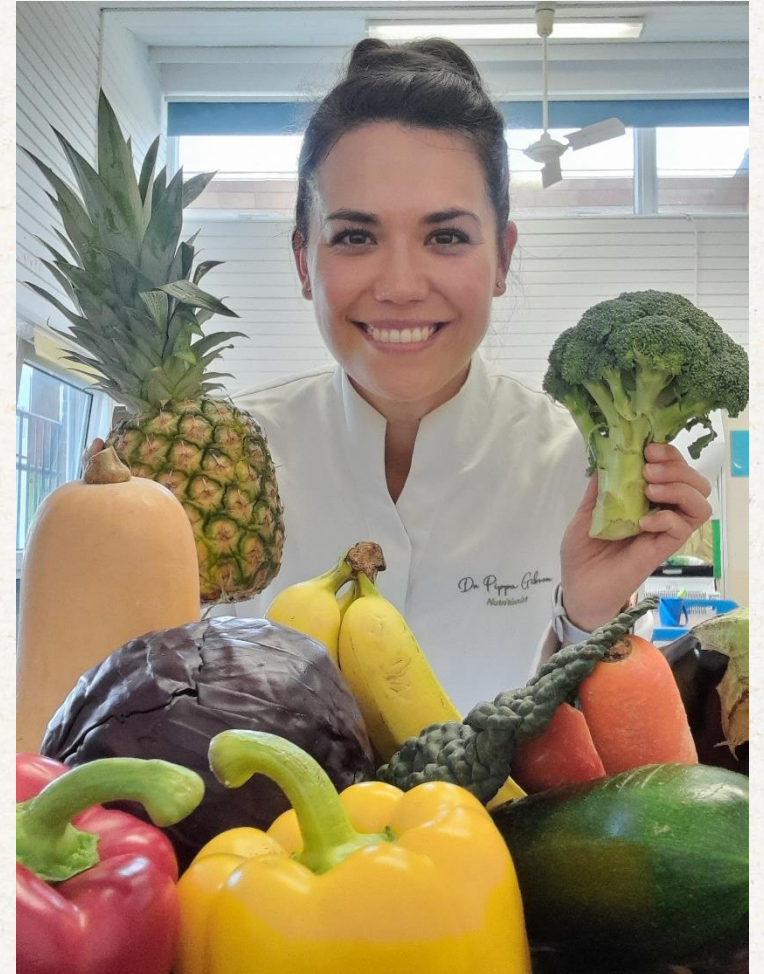
at Coombe Hill

Dr Pippa Gibson RNutr






Dr. Pippa

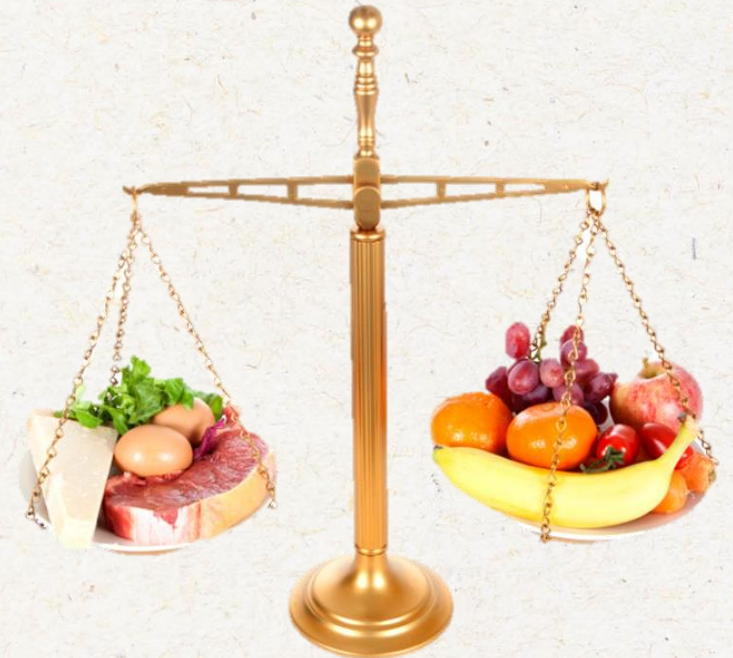
- 🌿 **Nutritionist for Accent Catering**
- 🌿 **Look at the food that you eat**
- 🌿 **Give talks**
- 🌿 **Run interactive workshops**



Why do we need a balanced diet?



-  **Healthy eat = having the right balance of different foods**
-  **Keeps food interesting**
-  **Special way of building your plate up to make it balanced**





Aim to fill half of your plate with fruits and vegetables



Can you get a rainbow of colours?



Provide lots of vitamins and minerals



Provide us with fibre



Aim for 5 portions per day





Aim to fill a quarter of your plate with starchy carbohydrates



Starchy carbohydrates provide us with energy



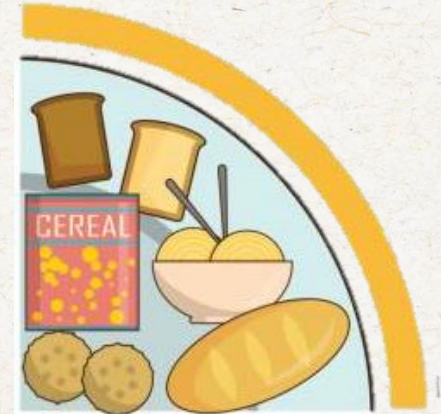
Wholegrain options







Fibre



Lots of vitamins and minerals





-  High protein foods should take up a quarter of your plate
-  Choose lean protein wherever possible
-  Include vegetarian sources of protein such as tofu, beans and pulses
-  Dairy can sit within the protein foods





Fat is very energy dense



We use cooking oils to freshly prepare all of your foods



Aim for healthy fats



Try to limit saturated fats





Staying hydrated is essential to life



Concentration



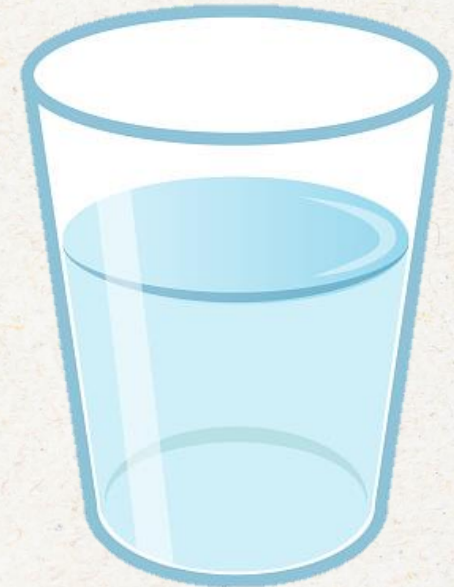
Mood








Performance



Aim for at least 1 litre per day










-  Needed to build strong and healthy bones & teeth
-  Healthy nerves and muscle contraction
-  Dairy products
-  Dairy-free products
-  Lots of veggies





-  Eat lots of different fruits and vegetables
-  Choose a carbohydrate
-  Include a source of protein
-  Include calcium containing foods every day
-  Stay hydrated

