EATING WELL

There are so many benefits of **EATING WELL**, both physically and mentally.

Eating well helps create and maintain healthy sleeping patterns, helps our energy levels and our mood.

Benefits of eating well include strong bones and teeth, better mood, improved memory and gut health, and a good night's sleep.

RECOMMENDED SERVINGS EACH DAY

12-18 YEARS		19+ YEARS
5	Vegetables	5-6
2	Fruit	2
5-7	Grains	6
2-5	Protein	3
3.5	Milk	2.5

WHAT CAN I DO?

☑ It's important to have regular eating patterns for your meals and snacks.

☑ Don't skip breakfast.

☑ Make your own meals instead of takeaway.

☑ Try and eat from the 'RECOMMENDED' table.

"Portion control. I try to only eat a little bit of unhealthy food." **Lisa, 21**

"I try to make time to eat regularly." **Bec, 21**

"Drink water. I always forget." **Max, 22**

"Vegan garlic bread is cheaper and tastes better." **Charlotte, 20**

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SCAN ME!

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