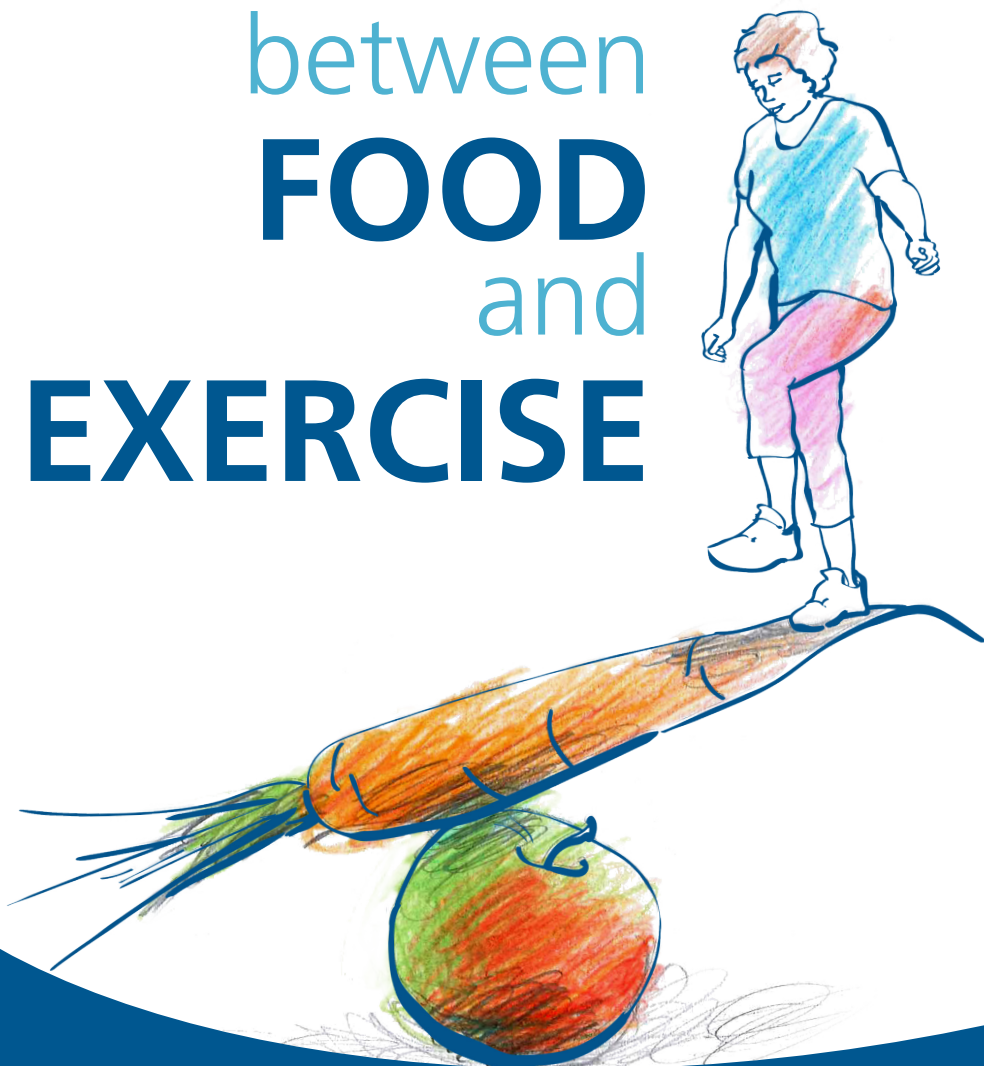


BALANCE

between
FOOD
and
EXERCISE

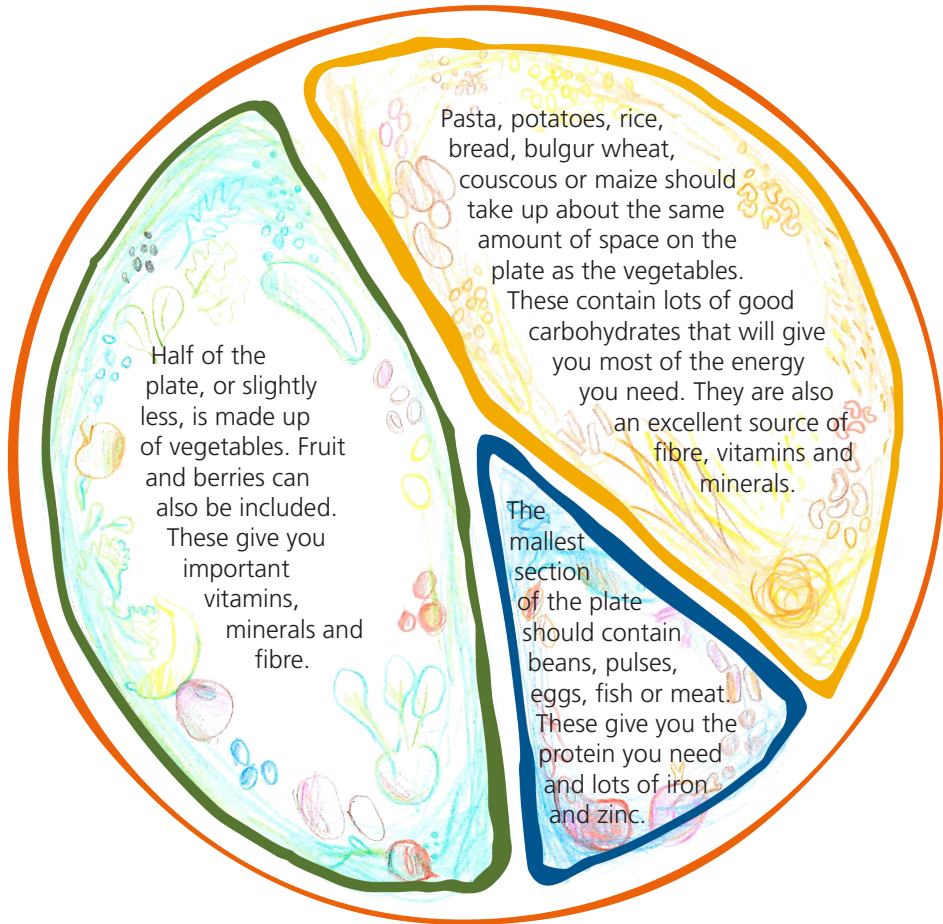


VÄSTRA
GÖTALANDSREGIONEN

We need to **benefit from the food we eat and feel pleasure when we eat**, and we also need sufficient **exercise**.

FOOD

Most of us need to eat three meals a day to feel fit and healthy. Many people also need a snack in between. Food that is good for your health is also usually good for the environment.



The plate model shows the proportion of the different foods we can eat to ensure we have the right amount of fat, protein, carbohydrates, vitamins and minerals in our diet.

It is of course perfectly fine to serve the above ingredients in the form of a **stew or soup**. To follow the plate model correctly, you should make sure you include lots of vegetables.

If you have a **sandwich** for lunch or dinner, then you should ideally eat fruit with it and perhaps try putting different vegetables and sliced fruit on your sandwich.

If you want to lose weight, you can eat more vegetables. **If you do a lot of exercise**, you can allow the pasta, potatoes, rice, bread, bulgur wheat, couscous or maize to take up a little more room on the plate.

Children of preschool age ought to eat more of the ingredients in the smallest section of the plate, as they should not eat too much food that is rich in fibre. They may also need more fat in their food than older children and adults.

Sweets, soft drinks, chocolate, crisps and cakes contain a lot of sugar and fat but are not unhealthy as such, only if they are eaten in unhealthy amounts.

If you eat and drink these on a daily basis you may be getting too little of the vital nutrients you need. You also risk developing tooth decay and gaining more weight than is good for you.

All sweet drinks, even juice, are harmful to your teeth.

Alcohol is not something your body needs.



EXERCISE

Exercise is good for your health! For adults, at least half an hour's daily exercise five times a week is recommended. This could take the form of a walk at a pace that ensures you become warm and slightly out of breath. You can divide up the walk (or whatever activity you choose) into several shorter sessions lasting 10-15 minutes. It is also good to exercise (by running, dancing or going to keep fit classes for example) to such an extent that you become hot and out of breath three times a week. Each session should last at least half an hour.

Younger children normally get enough exercise, as the majority are very active. All you need to do is to ensure they have the **opportunity to play, preferably outdoors**. Children need to be physically active for at least 60 minutes each day to stay in good health.

**"People should eat what they need
but instead they eat what they enjoy.
*We must therefore learn to
enjoy what we need.*"**

We should preferably not sit still for more than four hours a day, although that is exactly what most of us do. Try to take a short break from sitting at least once every half an hour. If you are watching television, stand up and move around a little during the commercial breaks.

Everyone can benefit from taking the opportunities for exercise that are presented to us in daily life, such as taking the stairs instead of the lift, or walking the last leg of the bus journey instead of travelling all the way to the final destination.

If it is not too far to school or work, it would be **better to walk instead of taking the bus,** even if as a pupil you have a free bus pass.

***It is never too late
to begin a new routine!***

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The recommendations in this folder apply to healthy individuals.

This folder is the result of collaboration between Kristina Hesslund and Maria Magnusson.
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VÄSTRA
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