



Stay Healthy!

Community Nutrition Suggestions

FOR AGES 17+

Meal Builder

OUR MEALS SHOULD CONTAIN 3 FOOD TYPES

WHICH FOOD ON YOUR PLATE HELP YOU TO:

GROW

-

These foods are high in protein. They help rebuild and repair your muscles.

GO

-

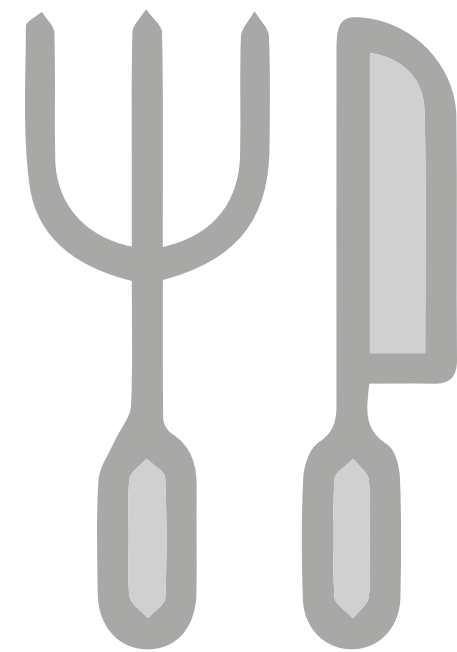
These foods are high in Carbohydrates and exercise fuel

GLOW

-

These foods are high in fibre, vitamins and minerals - they keep you healthy

CAN YOU THINK OF A BREAKFAST, LUNCH & DINNER CONTAINING ALL 3?



GO

Bread, Rice, Oats, Potatoes, Pasta's...

GLOW

Fruit and Veg

GROW

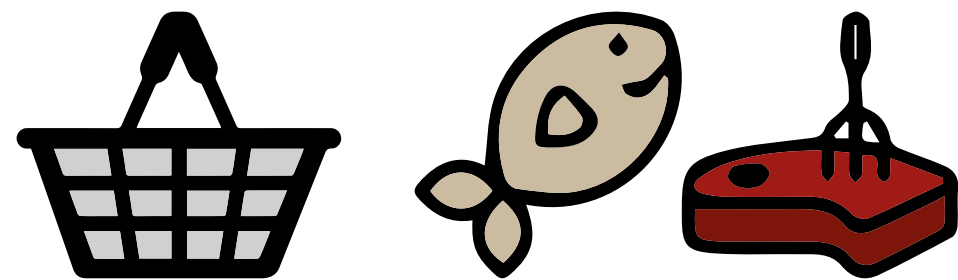
Meat, Fish, Eggs & Dairy

Covid-19 Nutrition

TIPS FOR GOOD NUTRITION DURING TIME OFF

MAINTAIN MUSCLE

Stock up on long-life protein



(Frozen meat/fish, tins of tuna, beef jerky will last)

Protein at all meals & snacks as usual



Main meals

Snacks

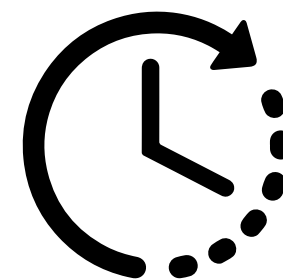
High protein snack before bed



e.g. Greek yogurt & berries or glass of warm milk

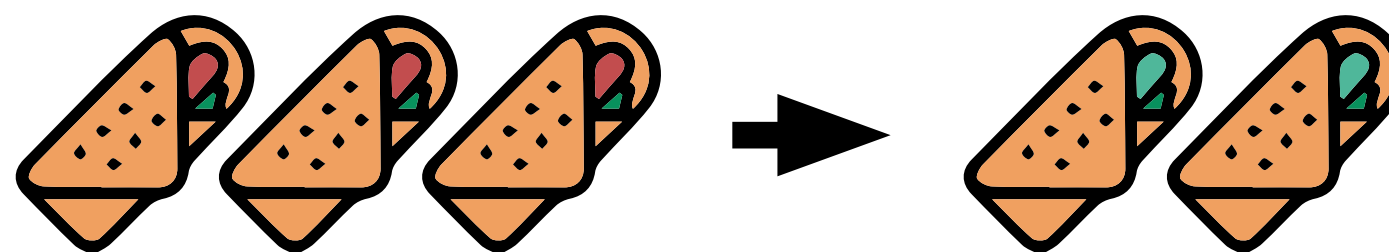
MINIMISE FAT GAIN

Stick to your routine



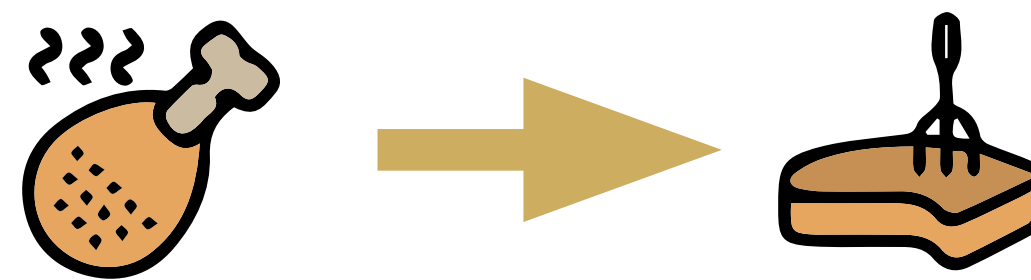
To avoid snacking from boredom/comfort eating

Adjust carb portions



Less active = decreased carbs, increase veg
(Don't cut out carbs)

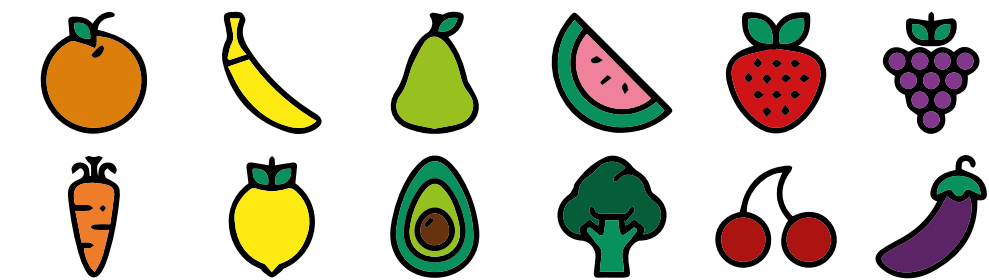
See infographic on easy low calorie swaps



to help decrease daily calories

IMMUNE HEALTH

Eat your rainbow



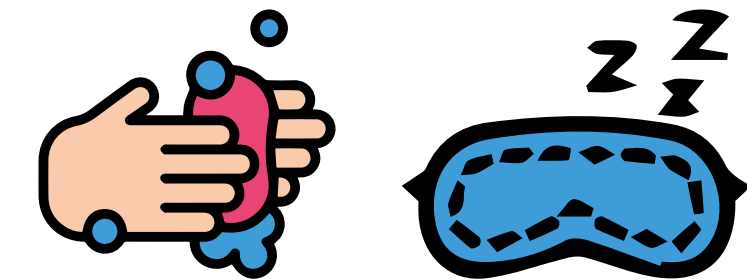
(at least 5 a day) Have a source with every meal

Supplement Vitamin D3



More time indoors =
even more important to take vitamin D

Sleep for at least 8hrs



Wash hands thoroughly and regularly

Eat the Rainbow

ARE YOU EATING AT LEAST 5 A DAY?

ALLICIN

- Anti-inflammatory
- Lowers blood sugar

LYCOPENE

- Increased energy
- Improved cardiac health

ANTOCYANIN

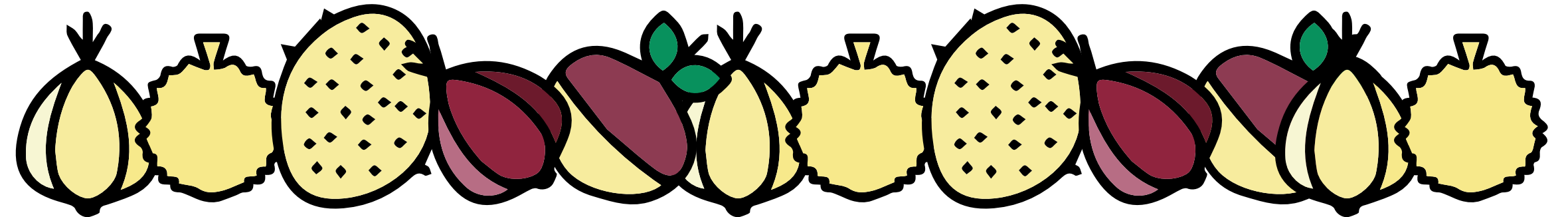
- Improved brain Function
- Enhanced training adaptation

FOLATE

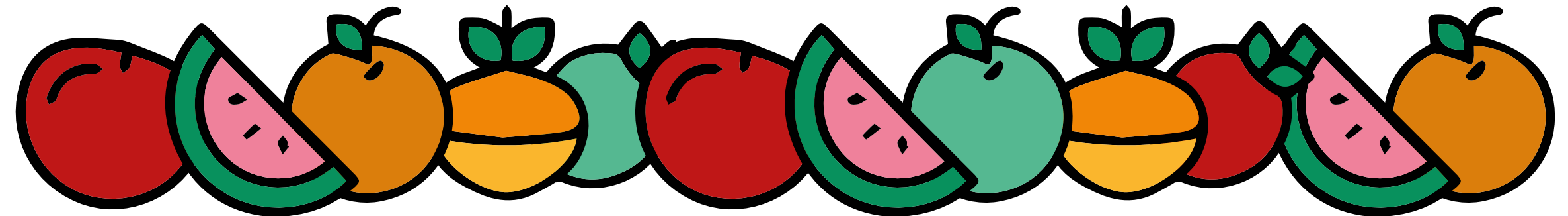
- Keep you feeling full for longer
- Improved gut health

BETA CAROTENE

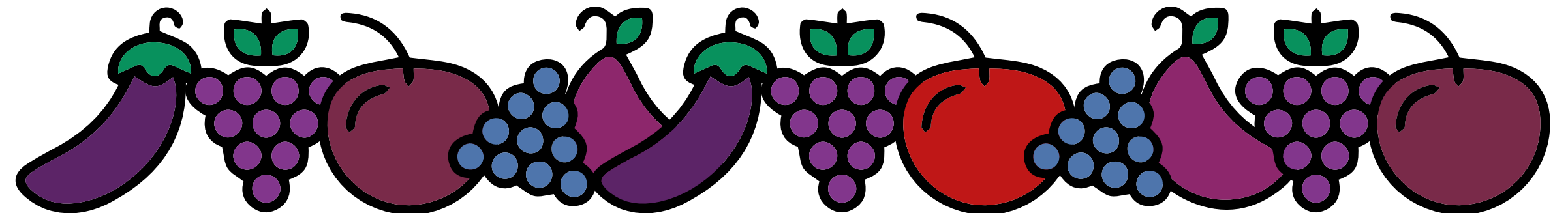
- Reduced muscle damage
- Eye health
- Boosts immune system



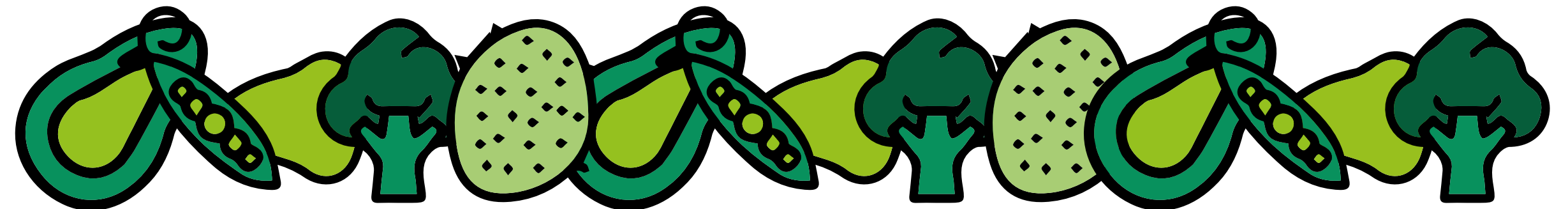
Garlic, Cauliflower, Onions, Parsnip, Turnip etc.



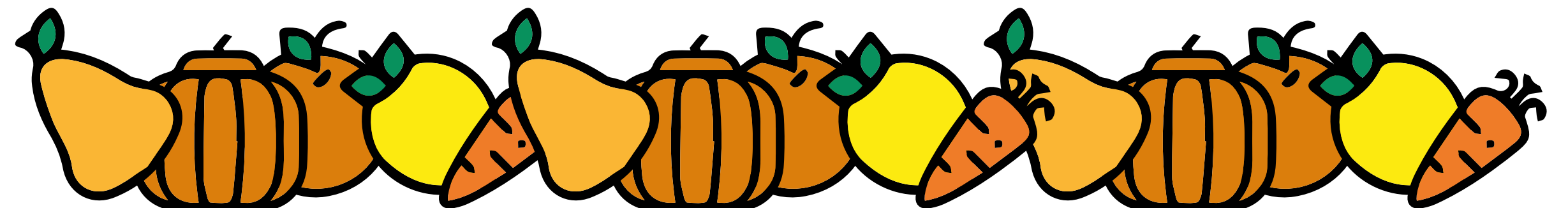
Tomatoes, Watermelon, Red Pepper, Papaya, Grapefruit, Guava etc.



Eggplant, Raspberry, Blue Berry, Plum, cherry etc.



Kiwi, Broccoli, Sprouts, Avocado, Mango, Green leafy veg etc.



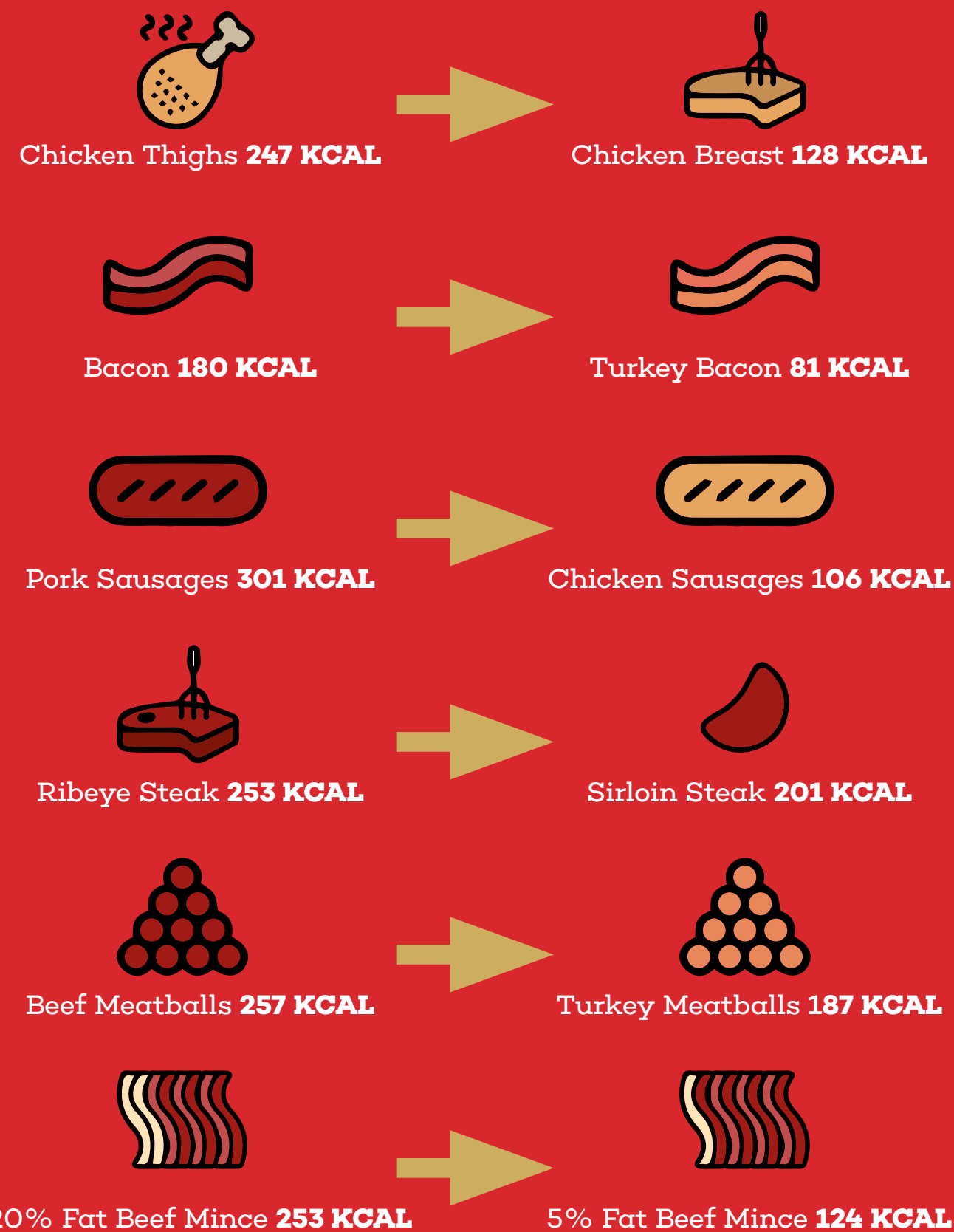
Sweet Potatoes, Pumpkins, Mango, Apricot, Carrots, Butternut Squash etc.

Calorie Swap

EASY WAYS TO MAKE HEALTHIER CHOICES

MEATS

per 100g



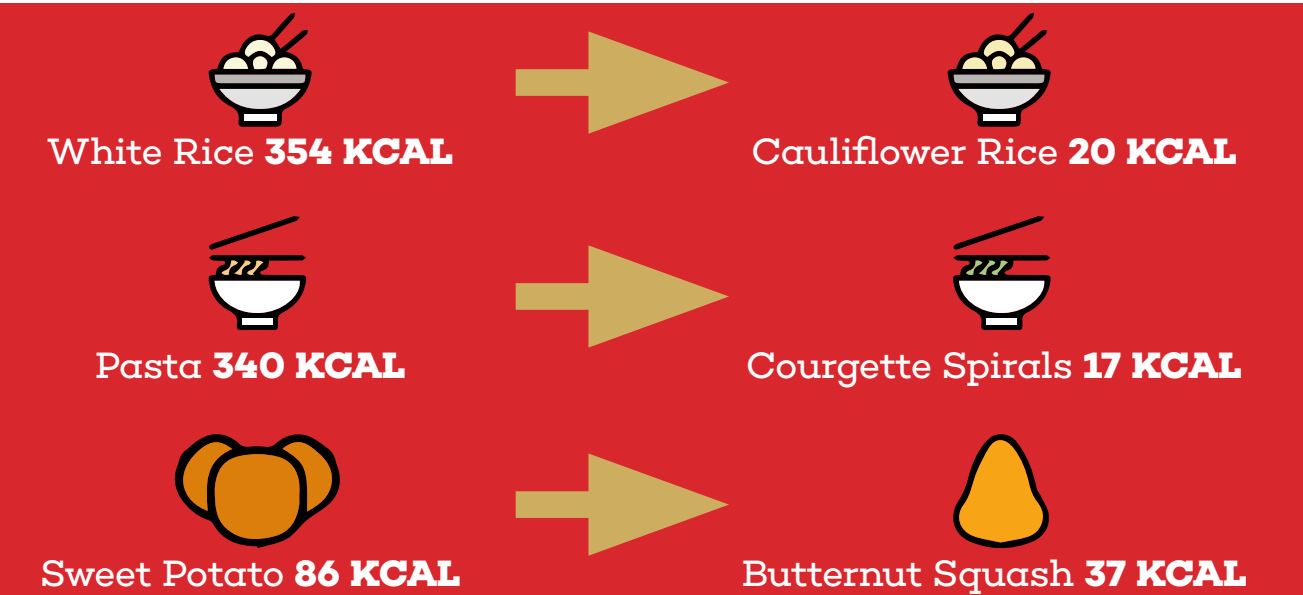
DRINKS

per drink



CARB ALTERNATIVES

per 100g



TREATS

