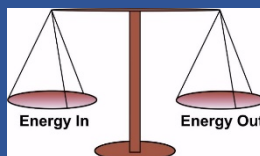




** Location ** Family Club Session 2: Energy Balance & Healthy eating

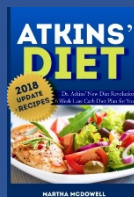
KEY INFORMATION

Energy Balance - To maintain a stable weight, the energy (calories) we put into our bodies must be the same as the energy we use through normal bodily functions and physical activity.



If you eat more calories than you use up, you will gain weight

Weight loss can be achieved through increased energy out (through physical activity) and decreased energy in (eating fewer calories).



There is no 'miracle' diet!

Most individuals go through a damaging cycle of on and off diets.



No such thing as 'good' food or 'bad' food but there is such a thing as 'good' diets or 'bad' diets

Therefore, we recommend the Eatwell guide to help you get a balance of healthier and more sustainable foods.

Eatwell Guide - Food Groups

Fruit & Veg – A good source of Vitamins and minerals, along with Fibre.

Carbohydrates – A great source of energy
Protein- Essential for growth and repair of your body

Dairy – Great source of calcium and protein

Oils & Spreads – We need a small amount for healthy skin and hair

Foods high fat, sugar & Salt – Limit these foods but still enjoy as a treat

USEFUL RESOURCES:

1. <https://www.nhs.uk/live-well/healthy-weight/how-to-diet/> : A good page relating to diets
2. <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> : A more information regarding the Eatwell guide

Next Session: #3 Portion Control & Snacks