







Be Well...

The fundamentals
of maximising your
wellbeing!

Hydration...

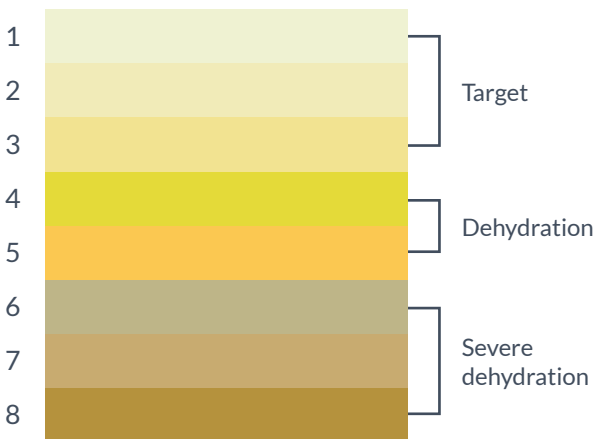
Side effects of dehydration:

-  Tiredness
-  Feeling lethargic
-  Poor concentration
-  Headaches
-  Dry mouth, eyes, skin and lips
-  Loss of strength

How to drink 6-8 cups a day:

- Breakfast** - Fresh juice and a cup of herbal tea (2)
- Take a 500ml bottle of water** out with you to drink throughout the day (2.5)
- Lunch** - Low sugar drink (1)
- Dinner** - Large glass of water (1.5)
- Evening drink** - warm milk/ herbal tea (1)

How to check if you are hydrated by the colour of your wee:



Did you know?

During 60 minutes of moderate intensity exercise the average person loses 3/4 litre of fluids!



Drinks that hydrate you...

-  Water
-  Diluted cordial
-  Herbal tea
-  Milk



Drinks that don't...

-  Tea/coffee
-  Energy drinks
-  Coke
-  Alcohol

Energy boost drinks...



Mocha Latte
260kcal
Up to 20
teaspoons of
sugar.



Soft Drink
220kcal
Up to 11
teaspoons of
sugar.






Sports Drink
310kcal
Up to 13
teaspoons of
sugar.



Energy Drink
240kcal
Up to 16
teaspoons of
sugar.

How long will it take you to burn off the calories?

Activity	Computer games	Walking	Riding a bike
Child Kcal / hour	20-30	90-120	120-170
Adult Kcal / hour	40-50	130-160	210-260
			

Did you know?

Sports drinks have their place... during long periods of exercise.



Family portion sizes...

Pasta:



Adult portion: 3 tablespoons



Child portion: 2 tablespoons

Chicken:



Adult portion:
1 medium breast



Child portion:
2 mini fillets

Cereal:



Adult portion:
3-4 tablespoons



Child portion:
2-3 tablespoons

Fruit & veg:



Child portion:
Child's handful



Adult portion:
Adult's handful



Did you know?

The average 6 year old girl needs **1,620 calories** per day compared to **1,940** needed for a female adult.

The average 9 year old boy needs **1,920 calories** per day compared to a male adult who needs **2,550** calories.

Decoding food labels...

What to look out for on the label:

Ingredients list:

Ingredients are listed in weight order

Do you recognise the ingredients?

Aim to choose foods with less than 5 ingredients

Look beyond the 'healthy' buzz words...

✱ Wholegrain

✱ No added sugar

✱ One of your 5 a day

Traffic light system:

All values are per 100g

	Sugar	Fat	Saturated Fat	Salt
High	Over 15g	Over 20g	Over 5g	Over 1.5g
Medium	Between 5-15g	Between 3-20g	Between 1.5-5g	Between 0.3-1.5g
Low	5g and fewer	3g and fewer	1.5g and fewer	0.3g and fewer

Nutritional information:

Energy

Kilojoules (kJ) are the metric equivalent of kilocalories (kcal)

Carbohydrates

Sugars are carbs, but some companies hide the amount of sugar by not breaking down the figure.

Fat

Fat content is not always broken down. Saturated fat is particularly a concern

Guideline Daily Amount (GDA)

GDAs are guidelines for an average person of a healthy weight and level of activity

NUTRITIONAL INFORMATION			
Typical Values	Per 100g	Per 1/2 can	GDA*
Energy - kJ	308kJ	640kJ	2000
Energy - kcal	73kcal	151kcal	480
Protein	4.5g	10.0g	45g
Carbohydrate (of which sugars)	12.9g (5.0g)	26.7g (10.4g)	230g 90g
Fat (of which saturates)	0.2g (Trace)	0.4g (Trace)	70g 20g
Fibre	3.5g	7.9g	24g
Sodium	0.3g	0.7g	2.4g
Salt equivalent	0.6g	1.7g	6g

Sodium

Salt is sodium chloride, but some products only label the sodium part. Salt content is roughly two and a half times that of sodium

Source: Heinz



Is my child really hungry?



Did you know?

Children are more likely to eat a healthy meal if they feel hungry.

Staying between 3 and 6 on the hunger scale helps keep our eating habits under control.

Hunger vs. craving...

They haven't eaten for over two hours - **hungry**

They finished their meal and after 20 minutes are still hungry - **hungry**

They are only hungry for 'unhealthy' food and don't want a healthy option - **craving**

They have just seen a vending machine or fast food restaurant and say they are hungry - **craving**

Hunger scale:



Time for breakfast...



Research indicates that...

...people who eat breakfast are less likely to be overweight and children who eat breakfast are more likely to achieve higher grades.

Recommended daily allowance:

	4-6 years	7-10 years
Sugar	no more than 19g per day	no more than 24g per day
Salt	no more than 3g per day	no more than 5g per day

Breakfast	Sugar	Fat	Salt	Cost	Time to make
Cheerios*	6.3g	1.1g	0.3g	20p	2 mins
Weetabix*	1.7g	0.8g	0.1g	12.5p	2 mins
Frosties*	11.0g	0.2g	0.26g	11p	2 mins
Coco Pops*	11.0g	0.8g	0.23g	14.7p	2 mins
Egg on toast	1.7g	5.6g	0.56g	19p	5 mins
Wholemeal toast and Marmite and 1/2 a pear	8.2g**	0.7g	0.66g	8p	3 mins
Strawberry and banana smoothie and a crumpet	11.7g**	0.8g	0.5g	46p	5-10 mins
Small banana and low fat yoghurt	21.8g**	0.8g	0.2g	12p	2 mins
Porridge made with semi-skimmed milk	7.5g**	4.5g	0.0g	4.5p	5 mins

*Based on the recommended portion size on the pack without milk

**Mostly fruit or milk sugars

Top tips for eating out...

Chinese:

Go for: boiled rice, meals with plenty of vegetables

Avoid: fried rice, deep fried food and prawn crackers



Pizza:

Go for: thin crust, vegetable toppings, salad side dish

Avoid: deep pan, stuffed crust, spicy meat toppings



Indian:

Go for: boiled rice, tomato based sauces

Avoid: onion bahjis, fatty meats, kormas



Pub grub:

Go for: meals with vegetables, grilled meats

Avoid: deep fried foods, chips



Fast food:

Go for: grilled or lean meats, meals with salad or vegetables, water, juice or diet drinks

Avoid: sugary drinks, fried food, chips



Meal planning and budgeting...

Why it matters



Planning saves time

Spend 1/2 hour per week planning meals and save 2 hours a week deciding what to make with the food you have in the house.



Wasting food wastes money

Wasting food costs the average household £470 a year, rising to £700 for a family with children, the equivalent of around £60 a month.



Less likely to opt for fast food.

A McDonald's Big Mac is:

1164 calories



% of daily intake



Brings the family together for dinner.

The more frequently a family eats together:

Fewer
emotional
problems



Fewer
behavioural
problems

Greater
emotional
wellbeing



More
trusting
behaviour

More helpful
behaviour



Higher life
satisfaction

Step 1 - Eat Well...

Get back to basics this year, simply add as many whole foods into your meals as you can.

What are whole foods?

- Foods that have had little to nothing done to them such as fresh fruit, vegetables, wholegrain cereals/pasta/rice/bread, beans, pulses, fish, meat and dairy.
- Try to choose foods that have not travelled around the globe and have required numerous processing methods and additives to maintain their condition so that it is fit to eat!
- Follow the 4 week fundamentals food plan to get you on the right track.

Top tips to eating well:

- ✓ Always include fruit or vegetables with every meal.
- ✓ For your main meal of the day fill half your plate with vegetables.
- ✓ Reduce the amount of foods that you eat that have more than 5 ingredients in them.
- ✓ Make time to eat – enjoy your food, don't eat while on social media and stop when your full.
- ✓ Choose nutrient-rich foods, rather than empty calories.

Nutrient-rich food:



Avocado (150g)

Full of healthy fats (monounsaturated), fibre, vitamins and minerals.

Calories	240	Sodium	0 mg
Total Fat	21 g	Potassium	727 mg
Saturated	3 g	Total Carbs	11 g
Polyunsaturated	3 g	Dietary Fibre	10 g
Monounsaturated	15 g	Sugars	1 g
Trans	0 g	Protein	2 g
Cholesterol	0 mg	Calcium	2%
Vitamin A	4%	Iron	5%
Vitamin C	25%		

Empty calorie food:



Haribo Sweets (150g)

High in sugar, no nutritional value.

Calories	495	Sodium	0 mg
Total Fat	0 g	Potassium	0 mg
Saturated	0 g	Total Carbs	112 g
Polyunsaturated	0 g	Dietary Fibre	0 g
Monounsaturated	0 g	Sugars	70 g
Trans	0 g	Protein	10 g
Cholesterol	0 mg	Calcium	0%
Vitamin A	0%	Iron	0%
Vitamin C	0%		

Nutrient-rich food:



Marmite (4g typical serving)

High in B vitamins,
low in fat and sugar.

Calories	9	
Protein	1.5 g	
Carbohydrates	0.8 g	
<i>of which sugars</i>	trace	
Fat	nil	
<i>of which saturates</i>	nil	
Fibre	0.1 g	
Sodium	0.2 g	
Salt	0.44 g	
		% RDA
Thiamin (B1)	0.23 mg	17%
Riboflavin (B2)	0.28 mg	18%
Niacin (B3)	6.4 mg	36%
Folic Acid	100 µg	50%
Vitamin B12	0.6 µg	40%

RDA = Recommended Daily Allowance
Suggested serving 4g for adults, 2 g for children
Children's serve has ½ of the adult quantities shown.

Empty calorie food:



Strawberry Jam (14g typical serving)

High in sugar, low
in vitamins and
minerals.

Calories	42	
Protein	1.5 g	
Carbohydrates	14 g	
<i>of which sugars</i>	13 g	
Fat	nil	
<i>of which saturates</i>	nil	
Fibre	0.0 g	
Sodium	0.0 g	
Salt	0.0 g	
		% RDA
Thiamin (B1)	0.00 mg	0%
Riboflavin (B2)	0.00 mg	0%
Niacin (B3)	0.00 mg	0%
Folic Acid	0 µg	0%
Vitamin B12	0 µg	0%

Nutrient-rich foods

- Colourful fruits and vegetables.
- Wholegrain cereals, pasta, rice and bread.
- Oily fish (salmon, mackerel and sardines).
- Lean meats.
- Beans, lentils and pulses.
- Low fat dairy foods and non-dairy alternatives.

So you are now eating well, are you still lacking in energy?

Perhaps you are dehydrated. Not drinking enough leads to similar symptoms to those experienced through not eating well, such as a lack of energy, poor concentration and irritability....



Step 2 - Drink Well...

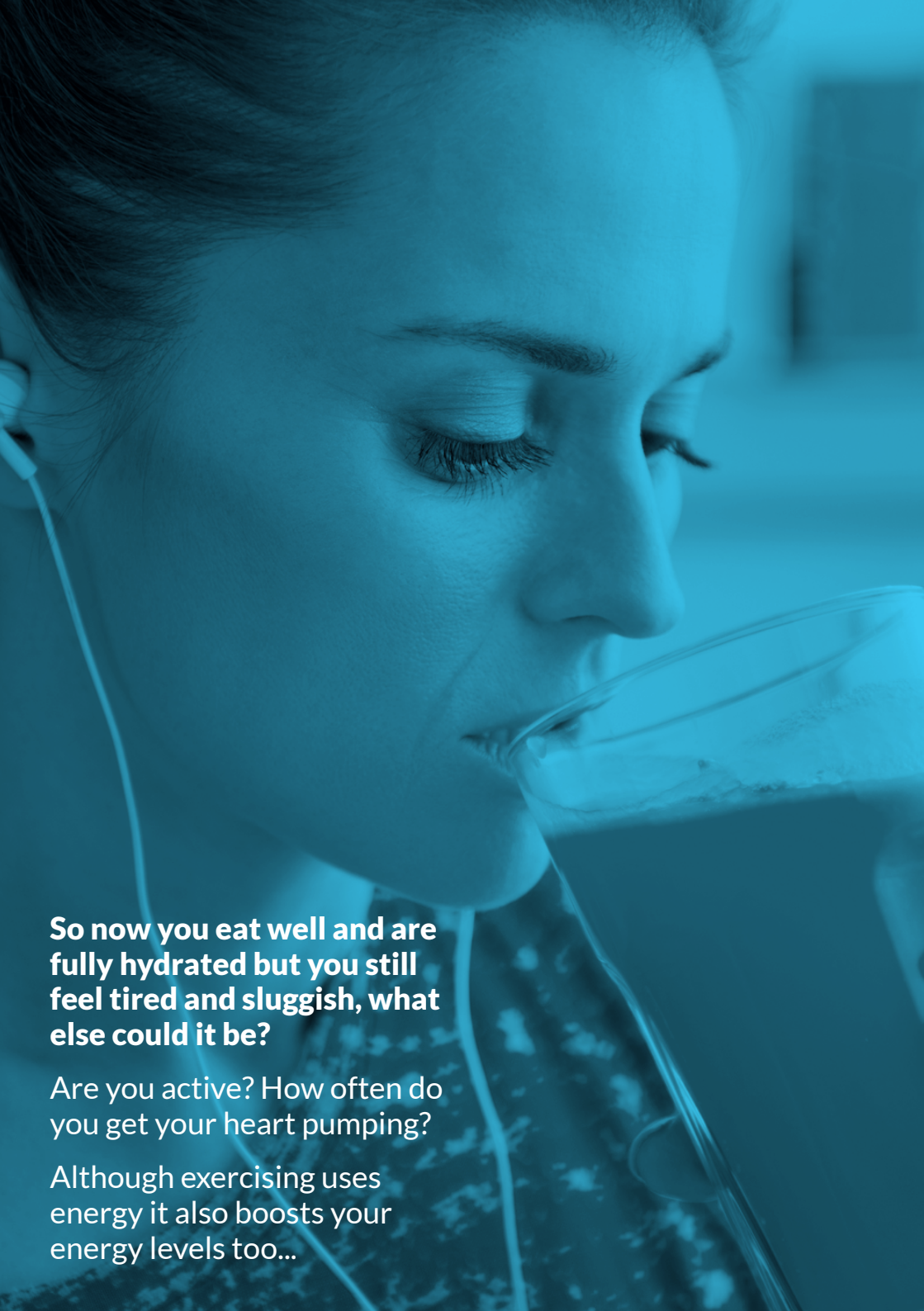
Water, water and more water! Keeping yourself hydrated helps you flush out toxins that accumulate in your body, whilst providing you with the much needed H2O required to maintain your bodies' essential functions.

The recommended amount of fluid to drink each day is 6-8 200ml glasses which should be made up of water, diluted cordial, milk or 100% fruit juice but most of these should be water. Caffeinated drinks and alcohol actually dehydrate your body, with coffee and alcohol being the worst culprits, so these definitely do not count towards your fluid intake and require you to drink more water to compensate.



Top tips for keeping hydrated:

- ✓ Always carry with you a water bottle that can be re-filled when required.
- ✓ Check the colour of your urine – if it is dark yellow you are already dehydrated.
- ✓ Drink more when you have been in a hot environment or if you have been exercising.
- ✓ Cut down on caffeinated drinks and alcohol.
- ✓ Don't wait until you feel thirsty!



So now you eat well and are fully hydrated but you still feel tired and sluggish, what else could it be?

Are you active? How often do you get your heart pumping?

Although exercising uses energy it also boosts your energy levels too...

Step 3 - Move Well...

There is an extensive amount of research that supports keeping active as an excellent way to stay healthy and energised. Exercise has been shown to be as effective in reducing stress and anxiety as prescribed medications, the fact is... exercise makes you feel good!

So how much do you need to do to gain the 'feel good factor'? Well doing more than you currently do will always benefit you, so don't set yourself unrealistic targets. Try to choose exercises that are convenient and fit in with your lifestyle, this way it can become part of your routine and will be less of an effort to get yourself there. Work your way up to doing 60 minutes of exercise each day.



Top tips for moving well:

- ✓ Find an exercise you enjoy doing.
- ✓ Make sure that you are exercising hard enough for you to be slightly out of breath.
- ✓ Try to complete part of your exercise regime outdoors.
- ✓ Aim for 60 minutes of moderate intensity exercise every day.
- ✓ Mix exercise with pleasure by making it a social activity, try running with friends or playing football with mates.



Surely you are going to be feeling much better now?

In general if you are eating well, drinking well and moving well, you should be sleeping well.

However with today's lifestyle, stresses can often prevent us from having a good nights' sleep...

Step 4 - Sleep Well...

The final fundamental piece in the jigsaw is sleeping well. There are many reasons why you may not be sleeping well, and if you are already doing the previous 3 fundamentals then not sleeping well may be due to other lifestyle factors.

Do you have a lot on your mind? Do you use your mobile phone or laptop until you go to bed? Do you drink caffeinated drinks regularly and after 6pm? All of these habits can contribute to lack of sleep.



Top tips for sleeping well:

- ✓ Relax for at least an hour before bed without using electronic devices and don't have your mobile phone next to your bed at night – you will still be on alert.
- ✓ Write down your to do list for the next day or things that you have on your mind – leave them on the paper and not in your head before bed.
- ✓ Don't consume caffeinated drinks after 6pm or even earlier for some people.
- ✓ Try not to consume too many fluids at all after 6pm as needing the toilet in the night can be a regular disruption to sleep.

Just remember, research shows that if you don't sleep well, you are less likely to eat well or drink well - it really is a vicious cycle. Break the cycle this year and focus on your 4 fundamentals – the key to your healthy success!



Premier

wellbeing

How did we do?

We would love to hear your thoughts on our Fundamentals pack and how it's supported you to make a healthy change...

- ✱ Has it encouraged you to lead a healthier lifestyle?
- ✱ Do you have more energy and feel less tired or drained?
- ✱ What positive effects have you seen on your body?

Feed back and WIN!

Email us at campaigns@premier-education.com and you could be in with a chance to win **£50 in Love2Shop vouchers!**



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We can help...



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