EATING WELL FOR YOUNG PEOPLE

DURING COVID-19

As our routine changes during COVID-19, it is still really important to eat and drink as well as we can. This will make sure our bodies are getting enough of the nutrients to continue to grow and stay healthy. We need a range of foods to help maintain our skin, hair, teeth, mental health and energy levels.

EATING AND DRINKING WELL

Have a regular eating pattern with a variety of foods. Maybe set alarms as reminders to eat and drink.

**Get your 5 a day** - fruit and veg is really important for vitamins, minerals and fibre.

Eat starchy wholegrain foods at each main meal - gives us energy and fibre.

Eat good sources of protein and calcium - important for growth and bone health.

Stay hydrated throughout the day - aim for 6 - 8 glasses of fluid. Healthy options would be water or milk.

Cut down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. Try to eat these in small amounts.

Try to avoid drinking energy drinks as they will increase your sugar and caffeine intake.
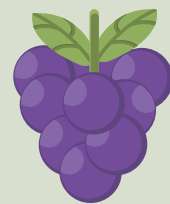
Click this link for examples and ideas ⟶ https://www.nhs.uk/live-well/eat-well/

RECIPE IDEAS WITH LIMITED EQUIPMENT

Mains

- Turkey and chickpea burgers
- Courgette, tomato and cheese gratin
- Easy pizza / video
- Chicken and rosemary pasta
- One pot lentil and butter bean stew
- Classic cottage pie
- One pot chicken noodles
- Simple bean and rice vegan burritos

Snack meals and sides

- Grilled rooster potato wedges
- '5 a day' soup / video
- Healthy wraps / video

Desserts

- Banana bread muffins / video
- Apple crumble / video
- Chocolate and raspberry muffins / video

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg

Click the recipes to find them online