



## Food as Fuel

The type of food you eat, and when you eat it, can have a dramatic effect on your energy levels throughout the day. It influences every aspect of your life, from your performance in school and at home, to your mood, and whether or not you feel like being active (your stamina on the playing field).

## Food and our body

All food contains nutrients which our bodies need in order to work properly and stay healthy. There are different kinds of nutrients, each with their own particular functions and requirements. For a healthy diet, we need a balance of all of them.

Below are a list of the main food classes and how they affect our body:

- **Carbohydrates** (energy foods) - breads, cereals, pasta, grains and rice  
give us energy to move, think, see and do!  
  
should try to eat at least six portions everyday
- **Fruits and vegetables**  
give us vitamins, minerals, antioxidants and dietary fibre  
  
try and eat a rainbow of fruits and vegetables daily
- **Milk and Dairy products** - cheese and yoghurt  
give us calcium and other essential nutrients for strong bones and healthy teeth  
  
try and aim for three-to-five portions of dairy products every day
- **Non-dairy protein** - meat, fish, eggs, pulses and nuts  
give us protein for optimum growth and repair of muscles  
  
aim to eat two portions of non-dairy protein daily
- **Fats and Sugars** (or sometimes foods)  
contain high fat, sugar and/or salt and little to no nutritive value - empty calories  
  
should be eaten only once in a while

Getting your five-a-day can be tricky as part of a busy lifestyle, yet is one of the most important things you can do for your health. Variety is also key, so eating a **RAINBOW** of fruit and vegetables each day is imperative for optimal health as each colour provides a unique set of nutrients. Agri Aware's incredible edibles' programme encompasses all that is good about growing your own. Click [here](#) to find out more!