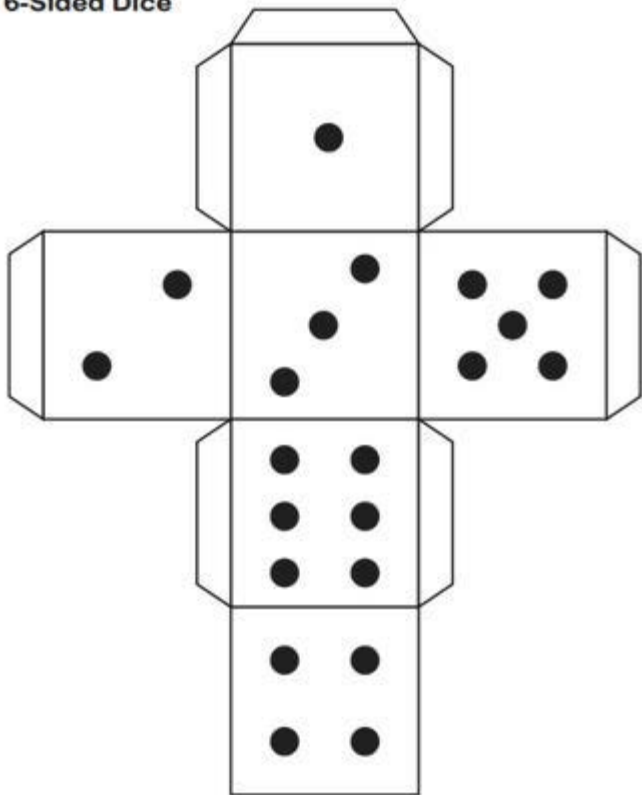


6-Sided Dice



MEALPLAN IDEAS TO SUPPORT YOUR GUT AND IMMUNE HEALTH

There are simple steps you can take to support your gut health and wellbeing that are not expensive - the key is to add variety to your meals.



BREAKFAST - BOOST YOUR ENERGY

BREAKFAST IDEA - OVERNIGHT OATS

Overnight oats are a great way to start your day, even if you are not a breakfast eater.

Simply: The night before, mix a few tablespoons of oats with milk (or plant based alternative), water or yoghurt in a jar. Add any tinned or fresh fruit and optionally top with seeds or nuts. Leave overnight in a jar and enjoy the next morning. Top tip: tinned peaches and bananas are a great option

LUNCH - TRY A FIBRE SWAP

SWAP WHITE FOR WHOLEGRAIN

- Opt for wholegrain sandwich and wrap options
- Why not adding some salad, cucumbers, tomatoes or other tasty vegetables?
- Add some tinned or fresh fruit to your lunch

DINNER - BULK OUT YOUR MEALS

ADD BEANS AND LENTILS TO YOUR MEALS

- Try to add lentils and beans to your favourite meals which is not only healthy but can also save money.
- Ditch ready tomato sauces and use chopped tomatoes instead
- Have your potatoes with skin on
- Add your veg - remember tinned, fresh, frozen, all of them count!

1. How many glasses of fluid is recommended to consume daily?

- A. 2 – 3
- B. 3 – 4
- C. 4 - 6
- D. 6 – 8

2. Which of these drinks count towards your daily fluid intake?

- Water
- Fizzy drink
- Energy drink
- Sugar free drink
- Sports drink
- Tea
- Fruit juice
- Milk

3. Approximately what percentage of water comes from food?

- A. 0%
- B. 10%
- C. 20%

4. Humans can survive longer without food than without fluids?

True or False

5. What are the signs of dehydration?

6. Name 3 functions of water in the body?

1. How many glasses of fluid is recommended to consume daily?

- A. 2 – 3
- B. 3 – 4
- C. 4 – 6
- D. 6 – 8

2. Which of these drinks count towards your daily fluid intake?

- Water
- Fizzy drink
- Energy drink
- Sugar free drink – occasionally
- Sports drink
- Tea – without sugar
- Fruit juice – once a day
- Milk

3. Approximately what percentage of water comes from food?

- A. 0%
- B. 10%
- C. 20%

4. Humans can survive longer without food than without fluids?

False - Humans can survive 3 weeks without food and 3 days without water

5. What are the signs of dehydration?

- Dark yellow urine
- Fatigue
- Feeling thirsty
- Headache / light headed
- Lack of concentration

6. Name 3 functions of water in the body?

- Support brain function
- Maximise physical performance
- Regulates body temperature
- Helps removes waste
- Healthy skin
- Support oxygen circulation
- Nutrient absorption
- Protects our joints
- Supports digestion



GET ACTIVE WITH
YOUR NAME

A WALK **B** JUMP **C** LUNGE **D** YOGA **E** SQUATS **F** SIT UPS **G** PLANK

H LUNGES **I** RUN **J** SKIP **K** STRETCH **L** WALK **M** DANCE **N** PRESS UP

O RUN **P** LEG RAISES **Q** SKIP **R** PLANK **S** BURPEES **T** BICEP CURLS

U YOGA **V** JUMP **W** DANCE **X** STRETCH **Y** LUNGE **Z** SQUATS

Give food to your mind:

- Make a pledge to eat more veg – aim to eat 5 a day to get different vitamins and minerals into our body. Eat a variety of different colours to get a good range of nutrients.
 - Keep carbs on the table – make sure you choose wholegrain these keep you fuller for longer, and you won't have a drop in energy levels.
 - Keep keen eat more bean – the amino acids make up the chemicals in our brain to regulate our thoughts and feelings.
 - Pro-my-otics - Foods high in probiotics are good for our gut aiding digestion. Our mind and body are interlinked when we are stressed so is our gut!
 - Eat dark chockit don't mockit - a square a day keeps your mind at bay. Dark chocolate has antioxidants and some minerals. Darks chocolate is lower in sugar but don't over indulge.
 - Make a fishy dishy – Healthy fats 'omega 3' keep our brain healthy and functioning.
- Exercise is great for our gut too helps digestion and reduce stress!



Probiotics



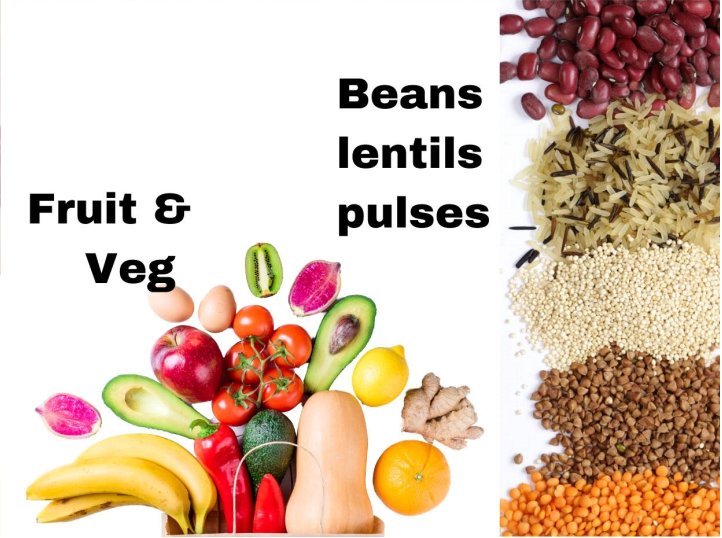
Wholegrain



**Dark
chocolate**



Omega 3



**Fruit &
Veg**

**Beans
lentils
pulses**

EAT TOGETHER CHALLENGE

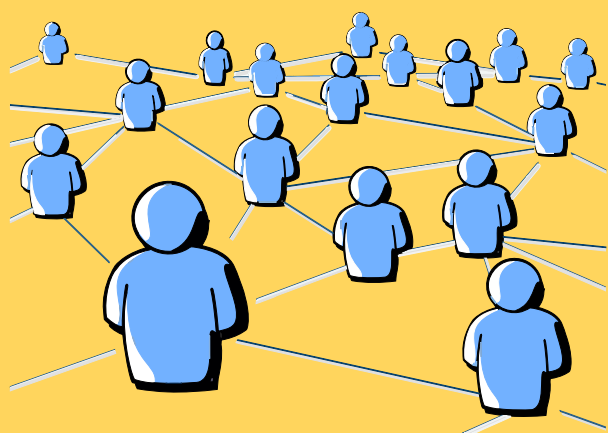
Eat together challenges are intended to highlight the importance of undertaking activities together. During and after lockdown, social distancing rules will need to be applied depending on personal and local circumstances.

ENJOY PREPARING AND COOKING A MEAL TOGETHER

Enjoying food does not mean just eating. Everyone can help plan, shop, prepare and cook the food. This is not only great socially, but can help us learn and develop new food skills for life!



#ENJOYFOODTOGETHER



Share your favourite Sunday recipe on social media using the hashtag #ENJOYFOODTOGETHER

TRY A NEW RECIPE

Get family and friends involved in suggesting new ideas. They may have a recipe they would like to cook or share with someone else. Get the children involved in preparation.



Try to avoid mealtimes in front of the TV as this can draw attention away from others around you. Distractions can also delay hunger cues so may encourage us to eat more than we need.

FOR MORE INFORMATION

For more information contact the Public health school team at Publichealth@brighton-hove.gov.uk