Fuel to go!
Eat well, feel great
Tips and meal ideas for teenagers
What you eat and drink makes your body tick

You know the ‘eat well’ message inside out and back to front:

- eat more fruit and veg
- go for lots of starchy food (cereal, bread, pasta, rice and potatoes) – choose high-fibre/wholegrain
- cut down on things full of fat, sugar, and salt like take-aways and convenience food.

Check out the eatwell plate and try to have the proportions of each food group as shown, every day:
TOP TIP FOR A HEALTHY BODY AND MIND!
Eat regular, balanced meals.
It doesn’t matter if they are hot or cold, main or light – three meals a day with healthy snacks in between improves your chance of a healthy body, fit shape and great smile.

You’ll find great meal ideas to help you look good, feel great and be fit and healthy on the teens pages of www.eatwell.gov.uk. Just follow the links to eat yourself gorgeous.

Breakfast
Eat breakfast and hit the ground running...

TOP TIP FOR BREKKY!
• Start your day with the right energy. Fill up on energy foods like:
  • cereal, porridge or toast
  • try wholegrain or high fibre varieties
• Have dairy products to give you strong bones and great teeth:
  • drink milk or have it on cereal – low-fat is best
  • or try yoghurt or fromage frais.
• Include fruit:
  • chopped on cereal or toast
  • whizzed into milk
  • as a juice
  • or simply as it is!
Lunch and light meals

Whether you’re out and about with your mates or making lunch yourself, fuel up on good stuff that’s cheap, tasty and good for you!
- Rolls, wraps, sandwiches and fruit are perfect.
- Want something hot? Try soups, jacket potatoes, pasta or noodles.

Check out the recipes at the end of this booklet for some tasty ideas to get you started.

Remember:
- choose your starchy food like bread, rolls, wraps, bagels, pitta bread or oatcakes
- pick your protein – try tuna, cold meat, egg, hummus, cheese or cheese spread or lentil soup
- add veg such as sweetcorn, tomato, lettuce, cucumber and peppers
- finish with fruit – whole, sliced, tinned or dried, whatever you like!

TOP TIP FOR PACKED LUNCHES
Build up a plan and sort out a packed lunch before you head out in the morning. For loads of packed lunch ideas look in the teens section of www.eatwell.gov.uk or check out the recipes at the end of this booklet for some ideas on tasty meals to get you started.

Main meal

Having a healthy main meal is really simple, just:
- choose your starchy food such as potatoes, pasta, rice or noodles
- pick your protein – lean meat (including chicken), fish, beans and pulses are all good
- add veg and fruit to sauces or as a side dish
- try fruit and yoghurt if you fancy a dessert.

The recipes at the end of this booklet show loads of different easy, healthy and tasty meals for you to try.
TOP TIP WHEN YOU’RE OUT AND ABOUT

Share with friends. Get a mixture of different dishes and try a bit of each others’. Try sharing two dishes between three friends. This will be cheaper and probably enough to fill all of you up.

It’s not always easy to know which choices are best for you. There’s lots of information on www.teenweightwise.com about healthier choices when eating out. Here are a few pointers:

- **Italian** – go for:
  - pizzas with chicken, ham or tuna and lots of veg on top
  - pasta with a tomato-based sauce instead of a creamy sauce.
- **Burger bar** – choose:
  - small burgers
  - or deli-sandwiches, grilled chicken and salads.
- **Chinese** – pick:
  - veggie stir fry, chop suey or chow mein, chicken dishes with peppers or black bean sauce
  - boiled rice or noodles.
- **Indian** – choose:
  - tandoori, dhansak (lentils), bhuna, saag, jalfrezi or rogan josh rather than creamy korma or masala
  - boiled rice and chapatti rather than pilau rice, naan and bhajis.
- **Fish and chips** – half the fat by:
  - sharing a portion of chips
  - having a bread roll and baked beans or mushy peas to fill you up instead of chips.
...between meals

Ever find yourself eating just for the sake of it? When you’re in front of the TV or while you’re studying? It’s easily done and often without you realising!

TOP TIP FOR SNACKS
Plan your snacks so you have tasty, healthy options – if you’re out all day, save money and bring them from home.

Handy snacks:
- fruit – apple, banana, pear, grapes
- veg snack packs with hummus or salsa
- seeds or mixed nuts
- crackers
- yoghurt – plain is best.

Need an occasional treat? Look out for lower-fat and lower-sugar varieties.
- Plain biscuits, crisps, or even fun-size chocolate bars are OK occasionally.
- Fruit scones or oaty and fruity cakes like flapjacks are great for filling you up.
SWEET SMILE ALERT!
Keep your smile great and be kind to your teeth. Limit sugary foods and drinks – these are more damaging to your teeth if you have them between meals. So, try to keep them as part of a meal.

FRUIT SNACK WARNING!
Some snacks say ‘fruit’ in the name or on the packet, but they’re also full of sugar and fat. Things with sweet toppings, chocolate or yoghurt coatings can be bad news. Read the labels carefully and choose low-fat, low-sugar options where possible.

- Sugar comes in many disguises including dextrose, glucose syrup, fructose, sucrose or maltose.
- Look out for fats. These come in lots of varieties, but any version of oil, butter or fat on the ingredients list is still fat.

TOP TIP AT THE CINEMA

- Go for the small tub of popcorn or have something to fill you up before you go.
- Try a bottle of water rather than a super-size cola.
More food facts

FISH
- Eat two portions of fish a week one of which should be an oily fish, like salmon, mackerel or sardines.
- Baked, grilled or poached are quick and easy and lower in fat than fried.
- Salmon and tuna are great.

IRON
- Lean beef and lamb are great for iron – go for beef or lamb casserole, curries, bolognise and even burgers (see recipes for some ideas).
- If you’re not a meat-eater, getting enough iron can be tricky, so check the balance of other things you eat. Beans, pulses, lentils, eggs and green leafy veg all provide iron. Many breakfast cereals are fortified with iron, so are good choices too.
- Anaemia or being low on iron can make you feel tired, miserable, weak and weary. Boost your mood and your energy levels by eating foods rich in iron at least twice every day – or three if you’re vegetarian.

HAVe ONE IRon-RIcH FOoD AT BCReAKFAST, LUNCH AND DINNER.
- Breakfast – try cereal fortified with iron like Weetabix, Special K or Ready Brek.
- Lunch – go for an omelette, hummus and salad sandwich or beans on toast.
- Dinner – check out chickpea stew, lentil bake, vegetarian chilli with kidney beans or a tofu stir fry.

TOp TOp FOR VEGETARIANS
Eating veg, salad or fruit which contain vitamin C with iron-rich food helps the iron get into your system.

CALCIUM
For strong bones and great teeth, you need to get enough calcium.
- Have low-fat milk, yoghurt or cheese every day.
TOP TIP FOR COOKING
Have a look at home, on TV, in libraries or on the internet for some easy and exciting recipes. If you fancy learning more, you could even go for a course at local college. Your local learning centre should be able to help you find what is going on in your area.

Recipes
Based on information from Confidence to Cook, kindly provided by Nicky Crampton

Hummus
What you’ll need
1 x 400g tin of chickpeas
½ teaspoon garlic purée or ½ clove garlic crushed or finely chopped
Lemon juice
1 tablespoon oil
Flavourings (optional) – tahini (sesame paste), cumin, paprika, coriander, basil, sun-dried tomatoes, roasted peppers

What to do
1. Drain the chickpeas, keeping this water for use later.
2. Mash the chickpeas with a fork, hand blender or potato masher.
3. Add a little of the drained water, oil, lemon juice, garlic and any flavourings you would like to the mashed chickpeas, then mash/mix together well.
4. Taste and add any extra flavouring or water as required.
5. Serve with toasted pitta bread or use as a dip with vegetable sticks such as carrot, cucumber, celery or courgette.

Lentil soup (serves 4)
What you’ll need
2 large carrots 100g red lentils Salt and pepper and to season (optional)
4 small potatoes 1 vegetable stock cube
1 onion 900mls boiling water

What to do
1. Wash, peel and roughly chop the carrots and potatoes into ½ to 1cm chunks.
2. Peel and finely chop the onion.
3. Rinse the lentils with cold water in a sieve.
4. Crumble the stock cube into a large pan and cover with the boiling water, stirring until the cube has dissolved.
5. Place the pan onto the hob and add all the veg and lentils, bringing the mixture to the boil over a medium heat.
6. Reduce the heat and simmer for about 30 minutes or until the veg is tender.
7. Blend or mash the soup using masher, to make it as smooth as you want it.
8. Taste and season with salt and pepper if required, then serve with wholemeal or granary bread.

Variation: Experiment by adding more veg to find what you like best.