

# Stay match fit with our top tips for a healthy and balanced diet

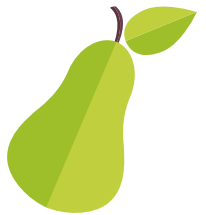


Albion in the Community

To be in the best possible condition when you take to the football pitch, it is important to always follow a healthy and balanced diet.

With most of us doing less exercise at the moment because we're having to stay at home, eating the right sort of food is more important than ever. Too many sweets, sugary drinks, or crisps won't be good for you.

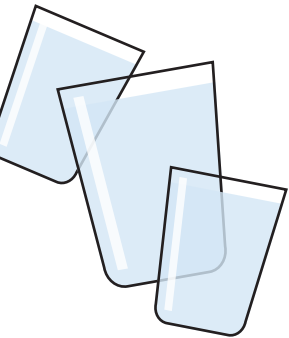
To help you stay match fit during the lockdown we've put together our top tips for a healthy and balanced diet. Follow these simple instructions and you'll be ready to go once we get back to playing football!



**1 Eat a rainbow:** You should try to eat five portions of fruit and vegetables every day – that can include fresh or frozen fruit and veg, tinned beans and vegetables with no added salt or sugar, tinned fruit in fruit juice, dried fruit, fruit juice, a smoothie, or even beans and pulses. Try and eat different coloured fruit and vegetables because different colours show us the food contains different vitamins and minerals. We need a variety of different vitamins and minerals to stay healthy, so combine as many colours as you can.



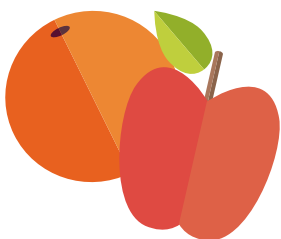
**2 Stay hydrated:** More than 70% of your body is made up of water so it is very important to drink regularly throughout the day – even when you are not exercising as much. Always try and avoid sugary drinks as these are full of empty calories and can damage your teeth. Some energy drinks also include caffeine which you would usually find in coffee and can make it harder for you to sleep. Keep a drinks bottle filled up with water or sugar-free squash and sip from it throughout the day. Not sure how much water to drink each day? Check out our handy guide.



**3 Get your portions right:** Whenever you eat a meal it is important to get the balance right. Always fill up a third of your plate with salad or vegetables. They will help fill you up and provide you with the fibre and vitamins and minerals you need to be in top condition. They also taste great.



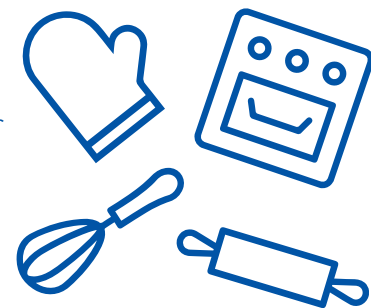
**4 Keep an eye on snacking:** We all love snacking right? Right. It doesn't do any harm does it? Wrong. On top of your three main meals each day you should only have one or two small snacks, ideally a piece of fruit or a yoghurt. It can be easy when we're at home and bored to reach for the biscuit tin or another packet of crisps, but it is important to keep an eye on what we're eating. A tasty treat is fine occasionally but try and opt for something healthy and keep treats like biscuits and chocolate to a minimum.





**5 Get plenty of rest:** Without school to get up for it is easy to think we don't need as much sleep and stay up late watching TV, playing video games, or going on social media. Our body needs around eight hours sleep every night though, so try to stick to usual bedtimes.

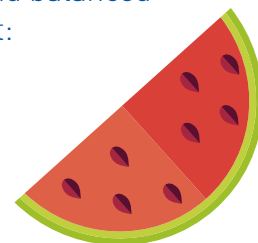
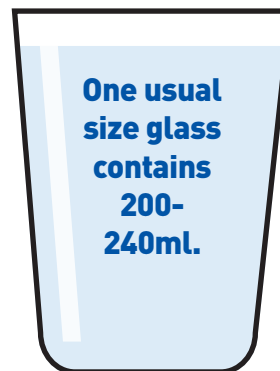
**6 Cook from scratch:** Now is a great time to offer to help whoever cooks your meals. Cooking together can be really fun and food tastes even better when you have made it yourself. Look up some fun recipes online with your family. Not only will they taste great, but they'll cost less money than a takeaway.



We'll be sharing some fun family recipes and other resources over the coming weeks aimed at helping people get active and stay well. Take a look on our website at: [www.albioninthecommunity.org.uk/resources-and-downloads](http://www.albioninthecommunity.org.uk/resources-and-downloads).

If you and your family would like more information on portion size and creating a healthy and balanced diet, the Eatwell Guide is a great starting point. You can read about it on the NHS website at: [www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide).

How much should I drink every day?	
Age:	Recommended water intake:
4-8 years	1,280ml
9-13 years	Boys 1,680ml / Girls 1,520ml
14+ years	Boys 2,000ml / Girls 1,600ml



**Drink more when hot, exercising or thirsty.**

