

Hi Ark Paddington Green

Date: 17/01/17

This week in MEND in Schools we learnt about **MEND-Friendly** and **MEND-Unfriendly** foods.

Remember! No food is forbidden at MEND. Instead we like to refer to foods as either...



MEND-Friendly

Eat these foods more often, ideally at all of your main meals and snacks!



MEND-Unfriendly

Try not to eat these foods too often and try not to eat too much of them

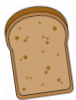


We also recognise MEND-Friendly foods with a STAR! These are foods that contain higher amounts of fat and sugar however they are still healthy and nutritious for your body, this means we need to consume them in small amounts!

Below are some tips on how to recognise **MEND-Friendly** foods and how to eat less **MEND-Unfriendly** foods...



- 1) **Good news!** Fruit and veggies are MEND-Friendly so try to have **5 or more** different ones every day. They can be part of your meals or make great snacks, and remember to eat a **Rainbow!**



- 2) Try to base your meals around unrefined wholegrains. This means that the grains have undergone fewer processes and so still contain lots of beneficial nutrients such fibre, B vitamins and iron! Examples of MEND-Friendly wholegrains include... **Whole grain bread, brown rice, wholemeal pasta, oats.**

Did you know... that lots of cereal bars are in fact **MEND-Unfriendly?**

- 3) MEND-Friendly fats are found in plants and oily fish! **Rapeseed oil, olive oil, nuts, avocados, sardines, mackerel, salmon and fresh tuna** will help to keep your brain and heart strong and healthy. Try to avoid saturated fats which are usually found in fried/processed foods. For example... **processed meat products, coconut oil, pastries, cakes and chocolate.**



- 4) The scoop on sugar... When we eat **chocolates, cakes and fizzy drinks** our body experiences a quick burst of energy but then you may feel tired, dizzy and irritable. Instead try choosing **fruits or vegetables** as a snack. The fibre in the fruit will slow down the rate that the body absorbs the sugar in your body! Plus **fruits and vegetables** also contain lots of essential vitamins and minerals!

Whole school weekly challenge

Physical activity

Exercise for at least 60 minutes a day everyday y this week.



SUPERDUDE TIP – have a healthy breakfast helps you to concentrate trough the day.
SUPERDUDE TIP – Did you know that exercise strengthens your bones and muscl

Nutrition challenge

Try and have a mend friendly breakfast everyday this week

Holly and Hilal

GOOD LUCK!

Let us know how you get on! If you need any support in succeeding in your weekly challenge, we are happy to help!

