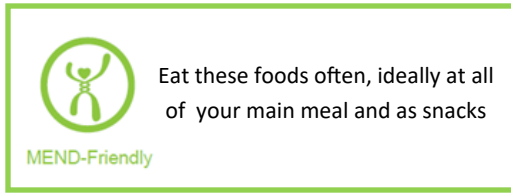
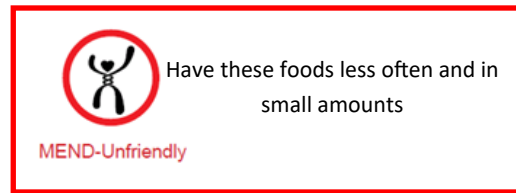


This week in our MEND sessions we are learning about MEND-Friendly and MEND –Unfriendly foods



Eat these foods often, ideally at all of your main meal and as snacks



Have these foods less often and in small amounts



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 :



We should try and eat **5 or more** different fruit and vegetables per day. Have these as part of your meals and they make great snacks.....Don't forget to eat a **Rainbow!**

Whole grain bread, brown rice, wholemeal pasta, oats. are examples of MEND-friendly wholegrains . These foods contain beneficial nutrients; Fibre, B vitamins and iron. Try and base your meals around these types of food. **Did you know...** that lots of cereal bars are in fact **MEND-Unfriendly?**



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; **processed meat products, coconut oil, pastries, cakes and chocolate.**

How to eat less MEND-Unfriendly foods:

When we eat **chocolates, cakes and fizzy drinks** our body experiences a quick burst of energy but then feels tired, dizzy and irritable. Instead of snacking on these foods try choosing **fruits or vegetables** instead. 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!

This week's challenges are...



Physical Activity Challenge

Play two different sports that you have never played before!



Nutrition Challenge

Try to swap a MEND unfriendly drink for a MEND friendly drink!

We look forward to hearing how you get on!