

Teen Nutrition

8 tips for eating well

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some dairy foods.

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish
4. Drink plenty of water
5. Don't skip breakfast
6. Try to eat less salt - no more than 6gm a day
7. Get active and try to be a healthy weight
8. Cut down on saturated fat and sugar

Eating for exams

Feeling tired and stressed? You're not the only one. But it might not just be your looming exams - it's possible you're not getting enough iron in your diet.

When you're short of iron - known as iron deficiency - it isn't pleasant. The symptoms can include: tiredness and lethargy, difficulty concentrating and shorted attention span - not good news if you're trying to revise - looking pale and feeling faint/ breathless, and the news gets worse. Because if you've got an iron deficiency and you don't do anything about it, you could end up with anemia. But don't worry, the news isn't all bad, because it's easy to get enough iron.

Young women should be having 14.8 milligrams (mg) iron a day (men need 8.7mg a day)

You can easily pump up your iron stores, but first you need to know which foods are rich in iron: beef and other red meat such as lamb, pork, offal are rich in iron that is easy for the body to absorb. The darker the meat the more iron it contains: chicken contains some iron - choose leg meat rather than breast meat if you want to get more iron. Other sources include baked beans, boiled eggs, canned sardines or other oily fish and mussels, breakfast cereals with added vitamins and minerals, green leafy vegetables and prunes, wholemeal bread, lentils, beans and peas, nuts such as peanuts, cashew nuts, almonds and brazils, seeds such as sesame and sunflower.

Eating fresh fruit or salad vegetables (including tomatoes) or drinking fruit juice (all of which contain vitamin C) with meals helps the body absorb the iron in food.