



FOOD CHOICE DECISIONS

Here are some problem situations where you might find it more difficult to make good food decisions, even when you want to. Write down what changes you think that person should make, or what they could do/say, to help them make the healthier choice.

REMEMBER – it is always okay to seek enjoyment from food; it is sometimes okay to make the unhealthy choice, and; your choice is your own – make it and own it!

SCENARIO 1

Problem Situation: My friend messaged me to meet up after school. I had planned to go for a run but now I'm thinking about hitting the chicken shop with my friend instead.

Possible Solutions/Ideas: _____

SCENARIO 2

Problem Situation: My friends and I are at the cinema and I order a coke – they ask if I want to super-size it for an extra 10p.

Possible Solutions/Ideas: _____

SCENARIO 2

Problem Situation: I'm avoiding social situations because I'm afraid I'll eat foods that I don't think I should have.

Possible Solutions/Ideas: _____

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

| | | | | |
|-----------------------------|--------------------|--------------------------|-----------------------|---------------------|
| Energy 1046kJ 250kcal | Fat 3.0g LOW | Saturates 1.3g LOW | Sugars 34g HIGH | Salt 0.9g MED |
| 13% | 4% | 7% | 38% | 15% |

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS