

# HEALTHY FOOD

## – to eat well

### The benefits of good food

Through food we get our energy, that's why growing children and young people need nutrients that act as building blocks in the body. A well-balanced diet is of great importance for health, both by maintaining good health and by preventing diseases. Healthy food can also improve functions such as concentration, learning and memory. With a varied diet, we take in fiber, vitamins, minerals and other important substances, each of which is important in contributing to us feeling good.

### How to eat well

- Eat breakfast, lunch and dinner as well as one to two snacks.
- Try to eat as regularly as possible.
- Lunch and dinner can be served according to *the plate model*.
- Eat five fruits or servings of vegetables a day! Children over ten years and young people should eat 500 grams of fruits and vegetables per day. For younger children, the recommendation is 400 grams.
- Water is the best thirst quencher and has many important functions in the body.

### Tips for better eating habits

- Try to eat with your child and without any disturbing phones and screens.
- “The keyhole” marking helps you make wise choices.
- One serving – one person. As a rule, one serving is enough, if the child does not play many sports. The one who do not feel full can take more vegetables or a fruit.
- Avoid eating too much sugar. Sweets, in moderation, can be a golden edge at any time of the week.



### Want to know more or get help?

Feel free to contact the school nurse for tips and support.

The school nurse or school doctor can refer you further to other healthcare institutions in the event of food intolerances, eating disorders, obesity or other food problems which are related to a health problem.

Read *Dietary advice for 2–17 years* at [www.livsmedelsverket.se](http://www.livsmedelsverket.se).

Make eating habits and get tips on how you can improve eating habits. You can find it at [www.livsmedelsverket.se/matvanor-halsa-miljo/kostrad/matvanekollen](http://www.livsmedelsverket.se/matvanor-halsa-miljo/kostrad/matvanekollen).

Read about diet at [www.unglivsstil.se](http://www.unglivsstil.se).

Read *Bra att veta om näring* (Good to know about nutrition) at [www.1177.se](http://www.1177.se)

Read about healthy eating habits at [generationpep.se/sv/fakta-rad](http://generationpep.se/sv/fakta-rad).

