YOU ARE WHAT YOU EAT

Food is made out of nutrients. There are several types of nutrients: organic (carbohydrates, fats and proteins) and inorganic (water and mineral salts).

A balanced diet is the food that we can eat in a day covering all the necessities in energy and matter. It has to have: water (2,5 liters), carbohydrates (50% of the total calories), proteins (15% of the total calories), fats (25% of the total calories), minerals and vitamins.

The key to a healthy balanced diet is not to ban or omit any foods or food groups but to balance what you eat by consuming a variety of foods from each food group in the right proportions for good health.

**How to eat a balanced diet**

* Eat a variety of foods to obtain all of the essential nutrients
* Too much as well as too little can be bad for you – balance is required
* Everyone's plate will look slightly different as we all have different requirements depending on our body’s shape and size, and our levels of activity.

**Maintaining a healthy, balanced diet**

The Food Standards Agency's eight tips for eating well are:

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

**And, what about energy?**

The amount of energy required depends on the activity, the age, the moment in life, ...so everyone has his own required energy. If you practice sport, you will need more energy; if you are growing, you will need more energy, and so on.



