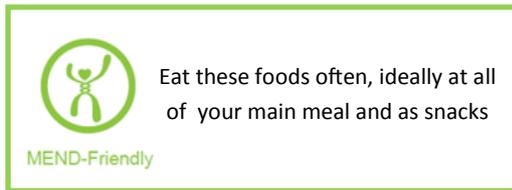
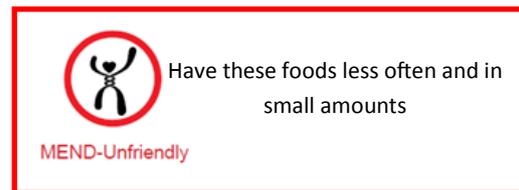


This week in our MEND sessions we are learning about MEND-Friendly and MEND –Unfriendly foods



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/or 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 starchy carbohydrates. These foods contain beneficial nutrients such as 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 most plants and also 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. Some foods which contain saturated fats are **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 we may feel tired, dizzy, and irritable. Instead of snacking on these foods try choosing **fruits or vegetables** instead. The fibre in these foods will slow down the release of energy! Plus **fruits and vegetables** also contain lots of essential vitamins and minerals!

This week's challenges are...



Physical Activity Challenge

Can you be a detective? Go to the park and find the most weird or out of the ordinary rock, leave or stick

Scarlet's Top-tip: Go with your family and see who finds the most unusual one!



Nutrition Challenge

Swap a MEND unfriendly drink with a MEND friendly drink

Casper's Top-tip: carry a bottle of water around with you

We look forward to hearing how you get on!