

# HEALTHY EATING FOR YOUNG ADULTS

## - A GUIDE FOR PARENTS



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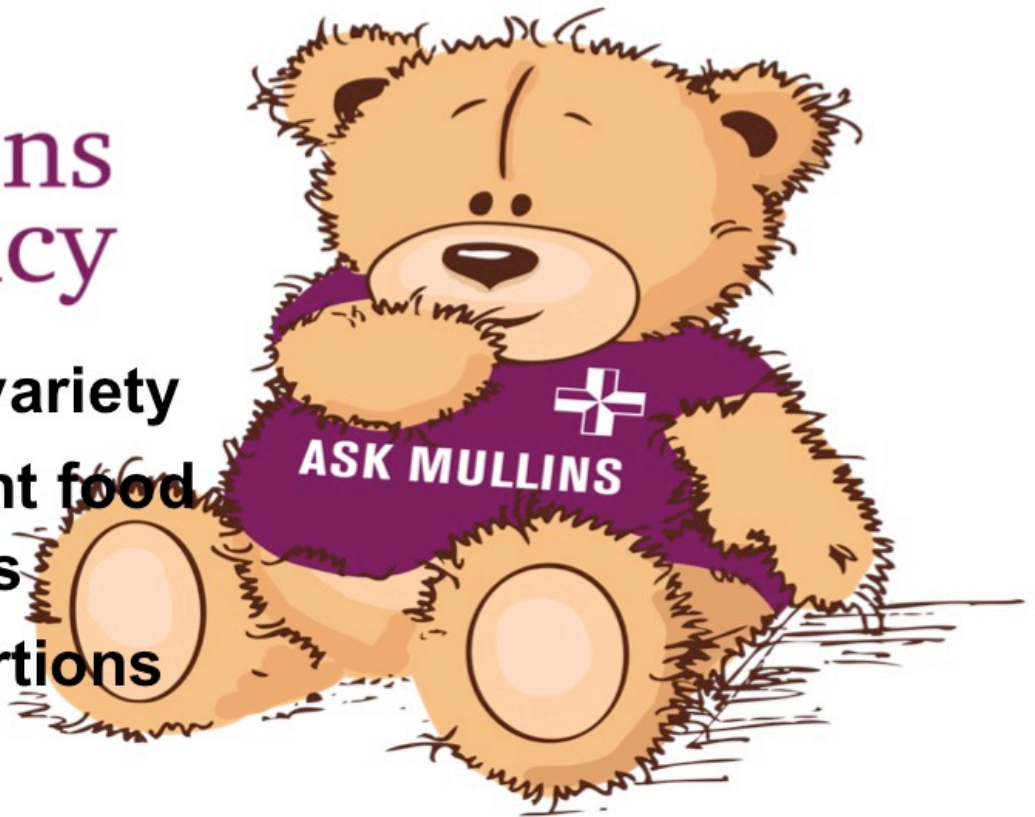
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- 1. Eat a wide variety**
- 2. From diferent food groups**
- 3. Smaller portions**





## HEALTHY EATING QUIZ- TRUE OR FALSE

- |   |           |
|---|-----------|
| 1. Full fat milk contains more calcium than low fat varieties   | FALS<br>E |
| 2. Bread and potatoes are fattening   | FALSE     |
| 3. Teenagers need 5 portions of foods from the dairy shelf every day  | TRUE      |
| 4. We need to drink 5 cups of water a day   | FALSE     |
| 5. The iron in meat is seven times more easily absorbed than the iron in green Vegetables                   | TRUE      |
| 6. A bar of chocolate is a better energy boost than a sandwich  | FALSE     |
| 7. An average bag of crisps contains about the same amount of salt as 2 medium slices of white sliced bread | TRUE      |
| 8. Brown bread is more healthy than white bread   | TRUE      |
| 9. Popcorn is an example of a healthy snack   | TRUE      |
| 10. When we eat a meal it takes about 10 minutes for the brain to get the message that we are full          | FALSE     |

For adults, teenagers and children aged five and over

Not needed for good health.

**Foods and drinks high in fat, sugar and salt**

NOT every day



Maximum once or twice a week

**Fats, spreads and oils**

In very small amounts

**Meat, poultry, fish, eggs, beans and nuts**

2 Servings a day

**Milk, yogurt and cheese**

3 Servings a day

5 for children age 9-12 and teenagers age 13-18

**Wholemeal cereals and breads, potatoes, pasta and rice**

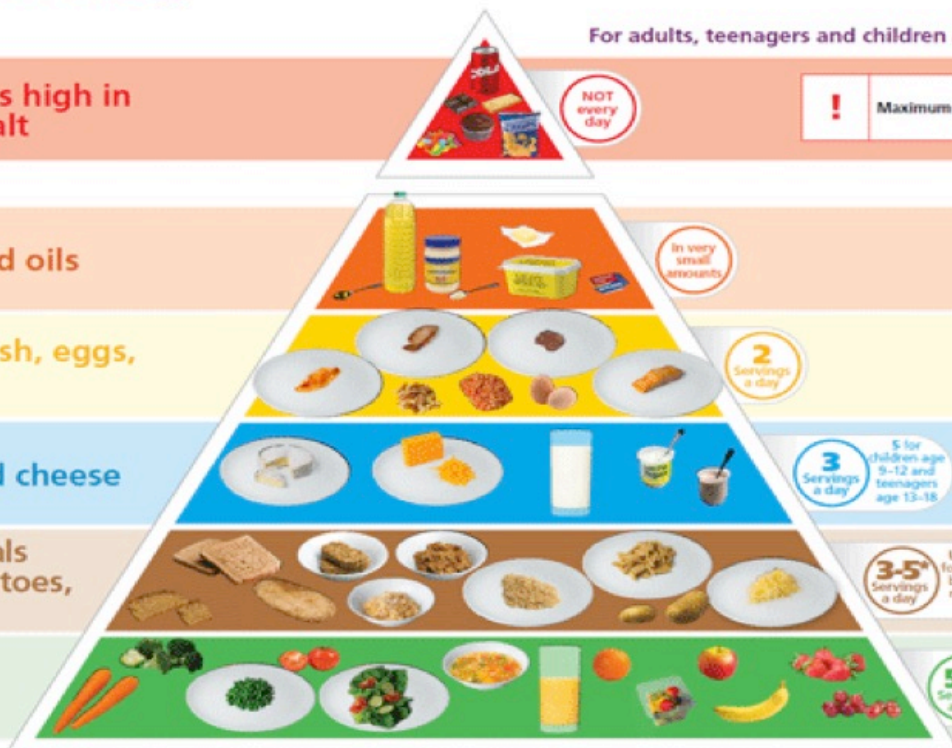
3-5\* Servings a day

Up to 7\* for teenage boys and men age 19-50

**Vegetables, salad and fruit**

5-7 Servings a day

Needed for good health. Enjoy a variety every day.





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## Serving Sizes Based on Your Hand:



**1 fist = 1 cup**

The size of your fist also = 1 medium-sized whole fruit



**1 tennis ball = 1/2 cup**

1/2 your fist also = 1/2 cup



**Palm = 3 oz. of meat,  
fish or poultry**

\*I've also heard this measurement  
equated to the size of a deck  
of cards.



**Handful = 1-2 oz. of snack food**

I think this is a great one!

How often do we have a snack like  
this and eat handful after handful?  
Now we know that ONE handful is  
enough!

**Thumb (tip to base) =  
1 oz. of cheese**



**Thumb tip = 1 teaspoon**

3 teaspoons = 1 tablespoon



**Index finger  
(1st joint to 2nd  
joint) = 1 inch**



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## 6 Nutrients

- Carbohydrates
- Proteins
- Fats (Lipids)
- Vitamins
- Minerals
- Water



These 6  
nutrients  
you body  
NEEDS to  
function  
properly!!!







**food**

# FOOD SHOPPING CARD

Check how much fat, sugar and salt is in your food

	Sugars	Fat	Saturates	Salt
<b>HIGH</b> per 100g	Over <b>22.5g</b>	Over <b>17.5g</b>	Over <b>5g</b>	Over <b>1.5g</b>
<b>MED</b> per 100g	Between <b>5g</b> and <b>22.5g</b>	Between <b>3g</b> and <b>17.5g</b>	Between <b>1.5g</b> and <b>5g</b>	Between <b>0.3g</b> and <b>1.5g</b>
<b>LOW</b> per 100g	<b>5g</b> and below	<b>3g</b> and below	<b>1.5g</b> and below	<b>0.3g</b> and below



The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



**IRISH HEART  
FOUNDATION**  
Fighting Heart Disease & Stroke







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**Most sodium comes from  
processed and restaurant foods**

## **You Are Eating Too Much Salt!**

### **Do You:**

- Eat out several times per week?
- Buy food that is canned, boxed, bagged, bottled, or jarred?
- Eat too few fruits and veggies (less than 1 pound per day)?
- Avoid cooking meals yourself?

### **5 Not So Shaky Facts:**

- Over 77% of the salt you eat comes from eating out and processed foods
- Less than 10% comes from a salt shaker
- You should not eat more than 1,500 mg of sodium per day
- Most people eat more than 3,000 mg of sodium every day
- Excess salt/sodium intake can lead to heart disease, stroke and other illnesses

GOOD FATS	BAD FATS
<p><b>MONOUNSATURATED FATS (OMEGA-9)</b> Monounsaturated fats are liquid at room temperature and naturally occur in many foods.</p>	<p><b>TRANS FATS</b> Most trans fats are artificially produced as a result of partial hydrogenation, which is a process used to convert liquid oil to a solid.</p>
<p><b>POLYUNSATURATED FATS (Omega-3)</b> Polyunsaturated fats also are liquid at room temperature and naturally occur in many foods.</p>	<p><b>SATURATED FATS</b> Saturated fats are typically solid at room temperature and naturally occur in foods such as meat.</p>



Good Fats

VS.

Bad Fats



To Eat or Not to Eat





Back to School Back to School

VITAMINS &  
MINERALS

KEEP COLDS  
AT BAY

Vitamin C



VITAMINS &  
MINERALS



BRAIN  
FOOD

Omega 3

also known  
to help improve  
behaviour & moods



Back to School

VITAMINS &  
MINERALS

STRONG  
BONES

Vitamin  
D



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enjoy Life

Stay Healthy

ANY  
QUESTIONS?

