



# WHAT YOU NEED TO KNOW ABOUT Fruit and Vegetables



## Benefits:

- Lower blood pressure + cholesterol
- Reduced risk of heart disease, stroke, and some cancers,
- Help maintain a healthy immune system, gut and digestion
- Reduces the risk of obesity and helps maintain a healthy weight

## Portions:

7+

## Portion sizes:

- 1 medium sized fruit (apple/orange/banana)
- 2 small fruit (plums/kiwis/mandarin oranges)
- 6 strawberries
- 10 grapes
- 16 raspberries
- 1/2 cup cooked veg (fresh or frozen)
- 1 bowl salad (e.g. lettuce, tomato, cucumber)
- 1 bowl homemade vegetable soup
- 150ml unsweetened fruit juice

## Healthy tips:

- Eat a wide variety of fruit and veg of different colours
- Fill half your plate with vegetables, salad or fruit
- Eat fruit and veg with the skins on
- Snack on fruit and raw veg e.g., carrot sticks and humus
- Add vegetables to curries, stir-fries and stews

## Did you know?

- Citrus fruit such as oranges and vegetables such as peppers are high in vitamin C.
- Vitamin C protects + keeps cells healthy, maintains healthy skin, blood vessels, and bones, and helps with wound healing.

# WEEK 1

	Workout 1	Workout 2	Workout 3
BEGINNER	5 min warmup walk 60 second jog 90 second walk (8 reps)	5 min warmup walk 60 second jog 90 second walk (8 reps)	5 min warmup walk 60 second jog 90 second walk (8 reps)
INTERMEDIATE	5 min warmup walk 90 sec jog 90 sec walk 3 min jog 3 min walk (3 reps)	5 min warmup walk 90 sec jog 90 sec walk 3 min jog 3 min walk (3 reps)	5 min warmup walk 90 sec jog 90 sec walk 3 min jog 3 min walk (3 reps)
ADVANCED	5 min warmup walk 5 min jog 3 min walk (3 reps)	5 min warmup walk 8 min jog 5 min walk (2 reps)	5 min warmup walk 10 min jog 5 min walk (2 reps)

# WHAT YOU NEED TO KNOW ABOUT Breads, potatoes, pasta, rice + wholemeal cereals

## Benefits:

- Wholegrain options contain fibre which aids digestion and prevents bowel diseases
- Provide energy to allow your body to carry out activities
- Allows protein to carry out its primary function of growth and repair instead of providing energy
- Fibre absorbs water and gives the feeling of fullness which prevents overeating

## Portion sizes:

- 2 thin slices wholemeal bread
- 1 cup cooked rice/pasta/noodles/cous cous
- 1 cup flaked type breakfast cereal
- 1 pitta pocket
- 2 medium / 4 small potatoes
- 1/3 cup dry porridge oats
- 1/2 cup unsweetened muesli
- 1 cup yam/ plantain

## Portions:

19-50yrs	Active	Inactive
Males:	5-7	4-6
Females:	4-5	3-4

## Healthy tips:

- Choose a variety of foods from this shelf
- Use brown rice and wholewheat pasta/breads for more fibre + vitamins
- Be aware of portion size
- Boil/mash/bake potatoes instead of frying
- Leave skins on potatoes for more fibre and vitamins

## Did you know?

- Wholemeal breads, cereals + potatoes provide the best energy for the body
- The amount of energy you need depends on your physical activity levels.
- The number of portions you need a day depends on age, size, gender and activity levels



# WEEK 2

## Workout 1

## Workout 2

## Workout 3

### BEGINNER

5 min warmup walk  
90 second jog  
2 min walk  
8 reps

5 min warmup walk  
90 second jog  
2 min walk  
8 reps

5 min warmup walk  
90 second jog  
2 min walk  
8 reps

## Workout 1

## Workout 2

## Workout 3

### INTERMEDIATE

5 min warmup walk  
3 min jog  
90 sec walk  
5 min jog  
3 min walk  
3 min jog  
3 reps

5 min warmup walk  
3 min jog  
90 sec walk  
5 min jog  
3 min walk  
3 min jog  
3 reps

5 min warmup walk  
3 min jog  
90 sec walk  
5 min jog  
3 min walk  
3 min jog  
3 reps

## Workout 1

## Workout 2

## Workout 3

### ADVANCED

5 min warmup walk  
5 min jog  
3 min walk  
8 min jog  
3 min walk  
5 min jog

5 min warmup walk  
10 min jog  
3 min walk  
10 min jog

5 min warmup walk  
15 min jog  
3 min walk  
10 min jog



# WHAT YOU NEED TO KNOW ABOUT Milk, yogurt and cheese



## Benefits:

- Dairy foods contain calcium which is vital for healthy bones and teeth
- They also contain protein needed for growth and repair
- Some yogurts contain probiotics which promotes gut health and may help ease symptoms of irritable bowel syndrome (IBS)
- Dairy foods also contain fat which is used to provide heat and energy to the body

## Portions:

3

5\* for those aged 9-18

## Healthy tips:

## Portion sizes:

- 1 glass of milk (200ml)
- 1 carton of yogurt (125g)
- 1 yogurt drink (200ml)
- 2 thumbs (25g) of hard/semi-hard cheese e.g., cheddar/edam
- 2 thumbs (25g) of soft cheese e.g., brie/camembert
- Choose reduced/low fat options
- Choose low-fat milk and yogurt more often than cheese as cheese is high in fat
- Avoid yogurts and yogurt drinks with added sugar
- Choose fortified options for added nutrients
- If choosing dairy free options e.g., soya milk, choose those with added calcium

## Did you know?

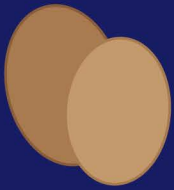
- Vitamin D helps absorb calcium better which is needed for healthy bones and teeth
- The Irish diet is low in vitamin D
- The HSE recommends adults take a daily 15 microgram vitamin D supplement from October-March as we do not get enough vitamin D from sunlight

# WEEK 3

	Workout 1	Workout 2	Workout 3
BEGINNER	5 min warmup walk 90 sec jog 90 sec walk 3 min jog 3 min walk 3 reps	5 min warmup walk 90 sec jog 90 sec walk 3 min jog 3 min walk 3 reps	5 min warmup walk 90 sec jog 90 sec walk 3 min jog 3 min walk 3 reps
	Workout 1	Workout 2	Workout 3
INTERMEDIATE	5 min warmup walk 5 min warmup walk 5 min jog 3 min walk 3 reps Total time: 29 min	5 min warmup walk 8 min jog 5 min walk 2 reps Total time: 31 min	5 min warmup walk 10 min jog 5 min walk 2 reps Total time: 35 min
	Workout 1	Workout 2	Workout 3
ADVANCED	5 min warmup walk 25 min jog	5 min warmup walk 25 min jog	5 min warmup walk 25 min jog



# WHAT YOU NEED TO KNOW ABOUT Meat, poultry, fish, eggs, nuts + lentils



## Benefits:

- Red meat, poultry + fish are great sources of iron + vitamin B12 needed to carry oxygen around the body
- Nuts, seeds + oily fish e.g., salmon, provide essential omega 3 fats which is important brain health
- High in protein needed for growth and repair
- Beans, eggs and lentils are low fat sources of protein

## Portions:

2

## Healthy tips:

## Portion sizes:

- 50-75g (1/2 size of palm of hand) cooked lean beef/lamb/pork/mince/poultry
- 100g cooked fish/soya/tofu
- 3/4 cup beans/lentils
- 2 eggs
- 40g unsalted nuts/seeds
- Choose leaner meat options- Remove skin from poultry and visible fat from meat
- Choose low-fat cooking methods such as grilling/baking/steaming/boiling
- Eat oily fish up to twice a week
- Have meat free days
- Limit processed salty meats e.g., bacon

## Did you know?

- Eating foods high in vitamin C, such as oranges, helps the body absorb Iron
- Vegetarian sources of iron include eggs, beans, lentils, nuts and green leafy vegetables
- Menstruating women aged 19-50 require more iron. Those with heavier periods are at a higher risk of iron deficiency anaemia may require supplements

contact your GP for further advice

# WEEK 4

	Workout 1	Workout 2	Workout 3
<b>BEGINNER</b>	5 min warmup walk 3 min jog 90 sec walk 5 min jog 3 min walk 3 min jog 3 reps	5 min warmup walk 3 min jog 90 sec walk 5 min jog 3 min walk 3 min jog 3 reps	5 min warmup walk 3 min jog 90 sec walk 5 min jog 3 min walk 3 min jog 3 reps
	Workout 1	Workout 2	Workout 3
<b>INTERMEDIATE</b>	5 min warmup walk 5 min jog 3 min walk 8 min jog 3 min walk 5 min jog Total time: 29 min	5 min warmup walk 10 min jog 3 min walk 10 min jog Total time: 28 min	5 min warmup walk 15 min jog 3 min walk 10 min jog Total time: 34 min
	Workout 1	Workout 2	Workout 3
<b>ADVANCED</b>	5 min warmup walk 28 min jog	5 min warmup walk 28 min jog	5 min warmup walk 28 min jog



# WHAT YOU NEED TO KNOW ABOUT Energy Balance



## What is energy balance?

Energy balance is the relationship between 'energy in' (food calories taken into the body through food and drink and 'energy out' (calories being used in the body for our daily energy requirements)

## Daily recommended calories

	19-50yrs	Active	Inactive
Males:		2500kcal	2000kcal
Females:		2000kcal	1800kcal

## What does energy imbalance lead to?

More energy in + less energy out= weight gain  
Less energy in + more energy out= weight loss

## Healthy tips

## Did you know?

- Adults need 30 mins a day of moderate activity on 5 days/week (150 mins/week)
- Moderate activity will feel like your heart is beating faster + breathing is harder than normal, e.g., brisk walking
- Vigorous activity will feel like your heart is beating much faster and breathing much harder than normal, e.g., jogging



- Eat a wide variety of fruit and veg as they are low in calories
- Fill half your plate with fruit/veg
- Use as little fats, spreads and oils as possible
- Choose lean cuts of meat
- Choose less fatty meats such as turkey
- Snack on fruit and raw veg
- Choose reduced/low fat milk, yogurt and cheese options

# WEEK 5

	Workout 1	Workout 2	Workout 3
BEGINNER	5 min warmup walk 5 min jog 3 min walk 3 reps Total time: 29 min	5 min warmup walk 8 min jog 5 min walk 2 reps Total time: 31 min	5 min warmup walk 5k run
INTERMEDIATE	5 min warmup walk 25 min jog	5 min warmup walk 25 min jog	5 min warmup walk 5k run
ADVANCED	5 min warmup walk 30 min jog	5 min warmup walk 30 min jog	5 min warmup walk 5k run