



Living Well North Tyneside

Supporting Health and Wellbeing

BNF Healthy Eating Week, organised by the British Nutrition Foundation, is a vibrant initiative aimed at encouraging individuals to adopt healthier lifestyle choices. From June 10th to 14th, 2024, the campaign will focus on four key themes: Have 5 A Day, Drink Plenty, Get Active, and Try Something New. Let's delve into each of these themes to understand how they can contribute to a healthier, happier life.

Have 5 A Day

Importance of Fruits and Vegetables

Eating at least five portions of fruits and vegetables daily is essential for maintaining optimal health. These food groups are rich in essential nutrients, including vitamins, minerals, and fibre, which are crucial for various bodily functions.

Tips to Achieve Your 5 A Day

1. **Breakfast Boost:** Start your day with a fruit smoothie or add berries to your cereal.
2. **Snack Smart:** Keep carrot sticks, apple slices, or dried fruits handy for a quick snack.
3. **Colourful Meals:** Incorporate a variety of vegetables into your lunch and dinner, aiming for different colours to ensure a range of nutrients.
4. **Juice Wisely:** While fresh juice counts towards your 5 a day, limit to one 150ml serving to avoid excessive sugar intake.

Drink Plenty

Hydration for Health

Staying well-hydrated is vital for overall health, aiding in digestion, nutrient transport, and temperature regulation. The BNF recommends aiming for 6-8 glasses of fluid each day, primarily from water.

Hydration Tips

1. **Carry a Water Bottle:** Keep a reusable water bottle with you to remind yourself to drink regularly.
2. **Infuse with Flavour:** Add slices of lemon, cucumber, or mint to your water for a refreshing twist.
3. **Track Your Intake:** Use apps or set reminders to monitor your daily fluid intake.
4. **Limit Sugary Drinks:** Opt for water, herbal teas, or low-sugar drinks over sugary sodas and energy drinks.

Get Active

Benefits of Physical Activity

Regular physical activity is crucial for maintaining a healthy weight, improving cardiovascular health, and enhancing mental wellbeing. Aim for at least 150 minutes of moderate-intensity exercise each week.

Ways to Get Moving

1. **Morning Walks:** Start your day with a brisk walk to energise your body.
2. **Desk Exercises:** Incorporate simple stretches and movements during work breaks.
3. **Active Hobbies:** Engage in sports, dancing, or gardening to keep active while having fun.
4. **Family Fitness:** Plan outdoor activities like cycling, hiking, or playing games with family members.

Try Something New

Expanding Your Horizons

Exploring new foods and activities can prevent monotony and help discover additional ways to enhance your wellbeing.

Ideas to Try

1. **New Recipes:** Experiment with cooking different cuisines or healthy recipes you haven't tried before.
2. **Exercise Routines:** Join a new fitness class or try a different workout style, such as yoga, pilates, or martial arts.
3. **Cultural Foods:** Incorporate ingredients and dishes from different cultures into your diet for a nutritional boost.
4. **Mindfulness Practices:** Explore mindfulness techniques like meditation, journaling, or deep-breathing exercises to improve mental health.

BNF Healthy Eating Week 2024 is an excellent opportunity to re-evaluate and improve your lifestyle choices. By focusing on having 5 a day, drinking plenty, getting active, and trying something new, you can pave the way for a healthier and more fulfilling life. Join the movement from June 10th to 14th and commit to making small, sustainable changes for your wellbeing.

Related Links

- [British Nutrition Foundation](#)

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