



# Integrated Specialist Public Health Nursing School Nursing Newsletter

March 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

## Healthy Balanced diet and nutrition

As a teenager, your body is going through many physical changes—these changes need to be supported by a healthy, balanced diet.

By eating a varied and balanced diet as shown in the Eatwell Guide (see picture below), you should be able to get all the energy and nutrients you need from the food and drink you consume, allowing your body to grow and develop properly.

Eating healthily doesn't have to mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. These foods should be eaten less often and in smaller amounts.

Eating a balanced diet is the way to go. Dieting, skipping breakfast or starving yourself don't work.



Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. (See right.)

## Water, drinks and your health

It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet.

The Eatwell Guide says we should drink 6 to 8 cups or glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.

Dehydration means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem. Symptoms include feeling thirsty, dark yellow and strong-smelling pee, peeing little, and fewer than 4 times a day, feeling dizzy or lightheaded, feeling tired, a dry mouth.



