Eating a healthy diet helps us to stay well.

Eating a healthy diet is good for your mental health.

Having a healthy diet is about eating the right foods.

Having a healthy diet is about drinking the right drinks.

Healthy food

Some foods are good for you.

Fruit is good for you, including:

- apples
- oranges
- pears
- plums
- bananas.
Vegetables are good for you, including:

- broccoli
- cabbage
- carrots
- greens
- leeks
- spinach.

You should try to eat fruit and vegetables every day.

Other foods that are good for you are:

- brown rice
- brown pasta
- brown or wholemeal bread
- grilled or baked fish
- salads.
Unhealthy food

Some food is bad for you if you eat it all the time. You should only eat these foods every now and again.

*Food with lots of fat*

Too much fat is bad for you.

Foods with lots of fat in are:

- food fried in oil, like fish and chips or crisps
- butter
- cheese
- eggs.

You should only eat these foods every now and again.

*Food with lots of sugar*

Too much sugar is bad for you.

Food and drink with lots of sugar in are:

- sweets
- chocolate
- fizzy drinks
- cakes
- biscuits.

You should only eat food with lots of sugar in every now and again.
Drinks

Drinking lots of water is good for you.

Drinks that you should only have now and again are:

• tea and coffee
• fruit juices.

Alcohol

Drinks that have alcohol in include:

• beer, lager and cider
• wine
• spirits, like vodka, whisky, gin and rum.

People drink alcohol to relax and to socialise with friends.

But drinking too much alcohol is bad for you.

Drinking too much alcohol is bad for your mental health.

You should only drink alcohol a few times a week.

You should not drink too many alcoholic drinks in one go.