



Student  
Wellbeing  
Centre

# Eating Well

**Virtual self-help guide**



# Menu



Our body needs energy to get through the day and this energy comes from food. It is important to eat regular meals to ensure your body gets the energy it needs to perform.

It is good to know that by simply eating well and wisely, you can boost your ability to learn. What you eat can have a powerful effect on how clearly and quickly you process information, your attention span and how well you remember things.

A wide range of foods can ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

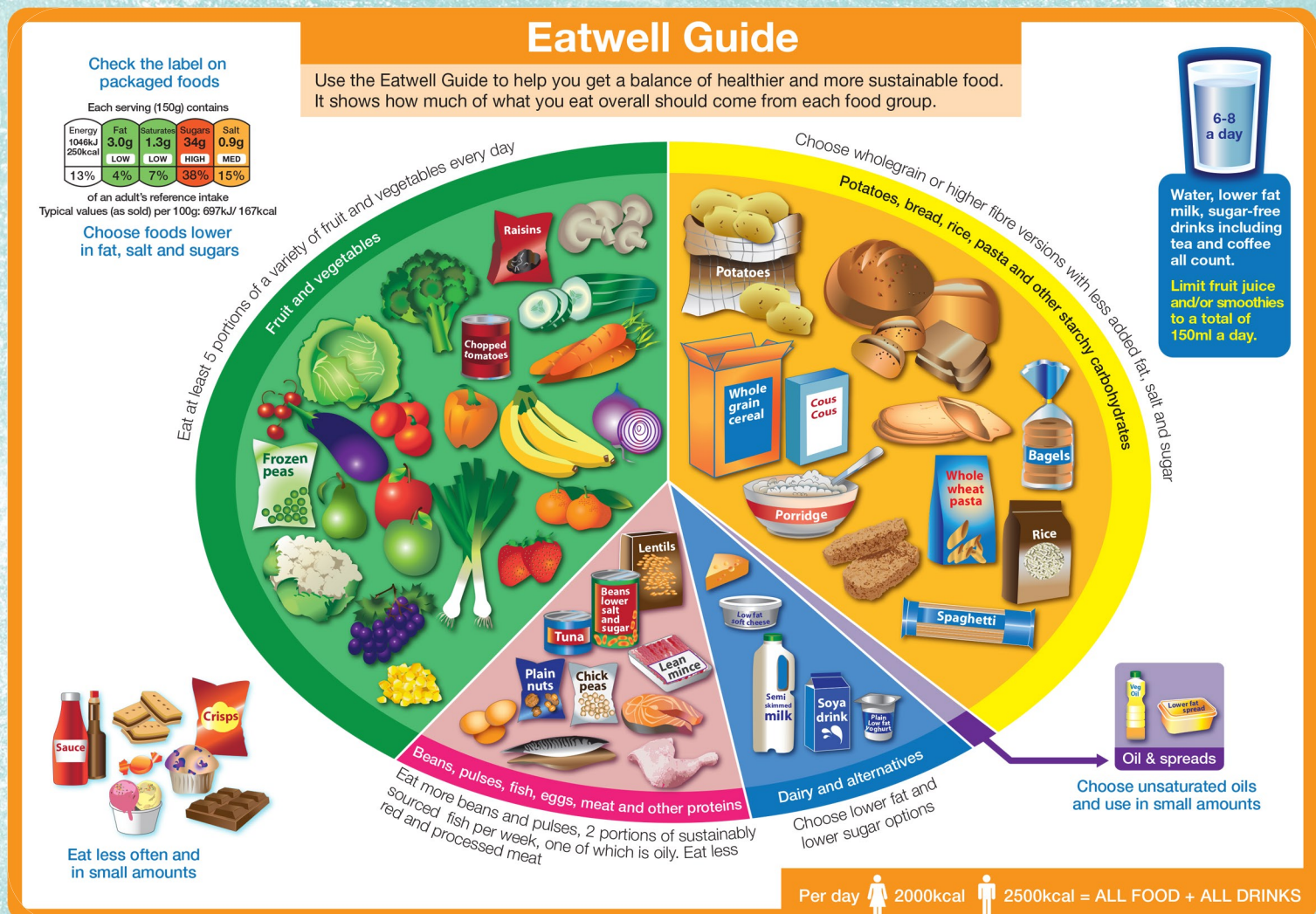
Don't forget to drink enough water! When you are dehydrated, it is much more difficult to learn effectively. Your concentration and focus reduces and you are not as capable in problem solving situations.

Over the next few pages you will find some useful tips, suggestions and resources about eating well.



## The Eatwell Guide

To help you get the right balance of the five main food groups, take a look at the NHS Eatwell Guide. To maintain a healthy diet, the Eatwell Guide explains how much of what you eat should come from each food group.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Evidence shows there are significant health benefits to getting at least five 80g portions of a variety of fruit and vegetables every day. That's five portions of fruit and veg in total, not five portions of each. Click [HERE](#) to find out how much is one portion.



# Top tips for improving your diet

1. Plan your meals in advance and write a shopping list – This will reduce the temptation to buy the naughty foods you do not necessarily need when doing your weekly food shop.
2. Add fruit or veg to existing meals – Changing your entire diet overnight can be a challenge, so why not start off small and begin to add healthier foods to your current meals? Put some banana and berries on your cereal or have a handful of frozen veg with your pasta.
3. Prepare some healthy snacks the night before – To avoid the temptation of grabbing something unhealthy as an afternoon snack, prepare something healthier the night before so it is in easy reach when you're feeling peckish. Why not try carrot and pepper sticks dipped in houmous, or a fresh fruit salad.
4. Why not try frozen over fresh? - If the price of fresh fruit and veg puts you off, or you find you get a lot of waste after buying the variety you like each week, why not explore supermarket frozen sections for alternatives? Most supermarkets have a wide variety of frozen fruit and vegetables, some are even pre-prepared to make life easier.
5. Bulk your meals up with pulses and legumes - As well as having a range of health benefits, foods such as beans, lentils and peas are some of the cheapest foods on the shelves at supermarkets. Use them to bulk up your meals to make more portions.





# Food Diary

Use a food diary, like the one below, to keep track of what you are eating and drinking each day. Don't forget to aim for a well-balanced diet with at least 5 portions of fruit or veg a day.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							
Water/drinks							





# Useful Resources



This video was created by a student for students. It demonstrates 5 quick, easy and well-balanced meals to make.



This video explores the NHS Eatwell Guide in more detail, and also gives some useful tips on eating healthy on a budget.

**BBC**  
**goodfood**

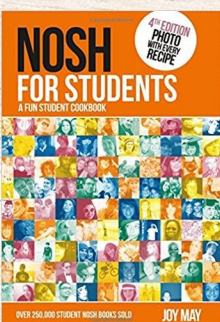
Click [HERE](#) to read 'How to survive as a student – basic recipes' by BBC goodfood

**UCAS**

Click [HERE](#) to read a student blog on 'Student Budget – Healthy Eating'

**SAVE  
THE  
STUDENT! £**

Click [HERE](#) for not 1, not 10, but 57 ways to save money on food by Save the Student



**Nosh for Students: A Fun Student Cookbook – Easy, simple and well-balanced recipes for students. There is something to tantalise everyone's taste buds in this book.**



# Useful Apps



**One You Easy Meals** - An app by Public Health England. This free app offers you healthier versions of the foods you love. It has great tips and advice to help you cook healthy and tasty meals, you can search recipes by meal time and find your favorite recipes and create shopping lists. Available on iOS and Android.

**My Fitness Pal** – This app allows you to input and monitor your dietary intake whilst creating personalised goals. Whether your goals are to lose weight, monitor your calories, or ensure you have the right amount of nutrients each day – this app can help you keep track easily. Free with optional in-app purchases. Available on iOS and Android.



**mySupermarket: Shopping List** – Build and manage your personal shopping list whilst comparing prices at the most popular, leading 11 supermarkets. Set price alerts so you never overpay on your favourite items and get saving suggestions and exclusive cashback vouchers to save even more. Free with optional add-free purchase. Available on iOS and Android.





# **Drop-in:**

**Monday-Friday between 12-2pm  
Thursday (term-time) between 5-7pm**

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