

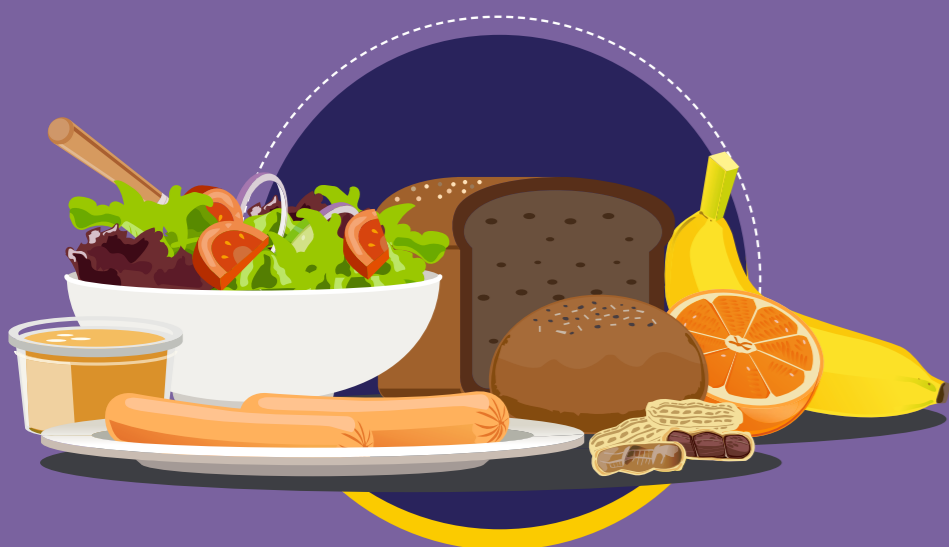
# KEEP WELL: NUTRITION

Good nutrition is an important component of a healthy lifestyle.

**A sound nutrition plan:**

- helps you maintain a healthy weight
- reduces your risk of chronic diseases such as cancer and heart disease
- improves your ability to learn, your memory and alertness

## 12 TIPS FOR HEALTHY NUTRITION



### EAT A VARIED DIET

eat a wide range of foods from all the key food groups including carbohydrates, proteins, and fats.



### EAT REAL FOOD

aim to consume mostly those foods which are very close to their natural state.



### FRUIT AND VEG

eat a variety of different coloured fruit, vegetables and salad every day and ideally consume at least five servings a day.



### PORTION SIZES

eat appropriate portion servings according to your body size and physical activity levels.



### CHOOSE WHOLEGRAIN

brown rice, wholegrain bread, oats, brown pasta give that all important intake of essential fibre.



### LIMIT JUNK FOOD

such as biscuits, savoury snacks and confectionery. These foods are not required for a healthy diet and can be high in calories, artificial fats, sugar and salt.



### HYDRATE

water is always best. To check you are drinking enough you should be visiting the bathroom every 2-3 hours, and your pee should be relatively clear.



### VITAMIN D

eating oily fish once a week helps meet the recommended intake of vitamin D. A supplement is ideal during Winter and Spring.



### PROTEIN

include protein in most meals throughout the day, choose lean meat, poultry and fish (oily is best) - eggs, peas, beans and lentils are very good alternatives.



### COOKING METHODS

bake, steam, boil or stew food instead of frying or deep frying.



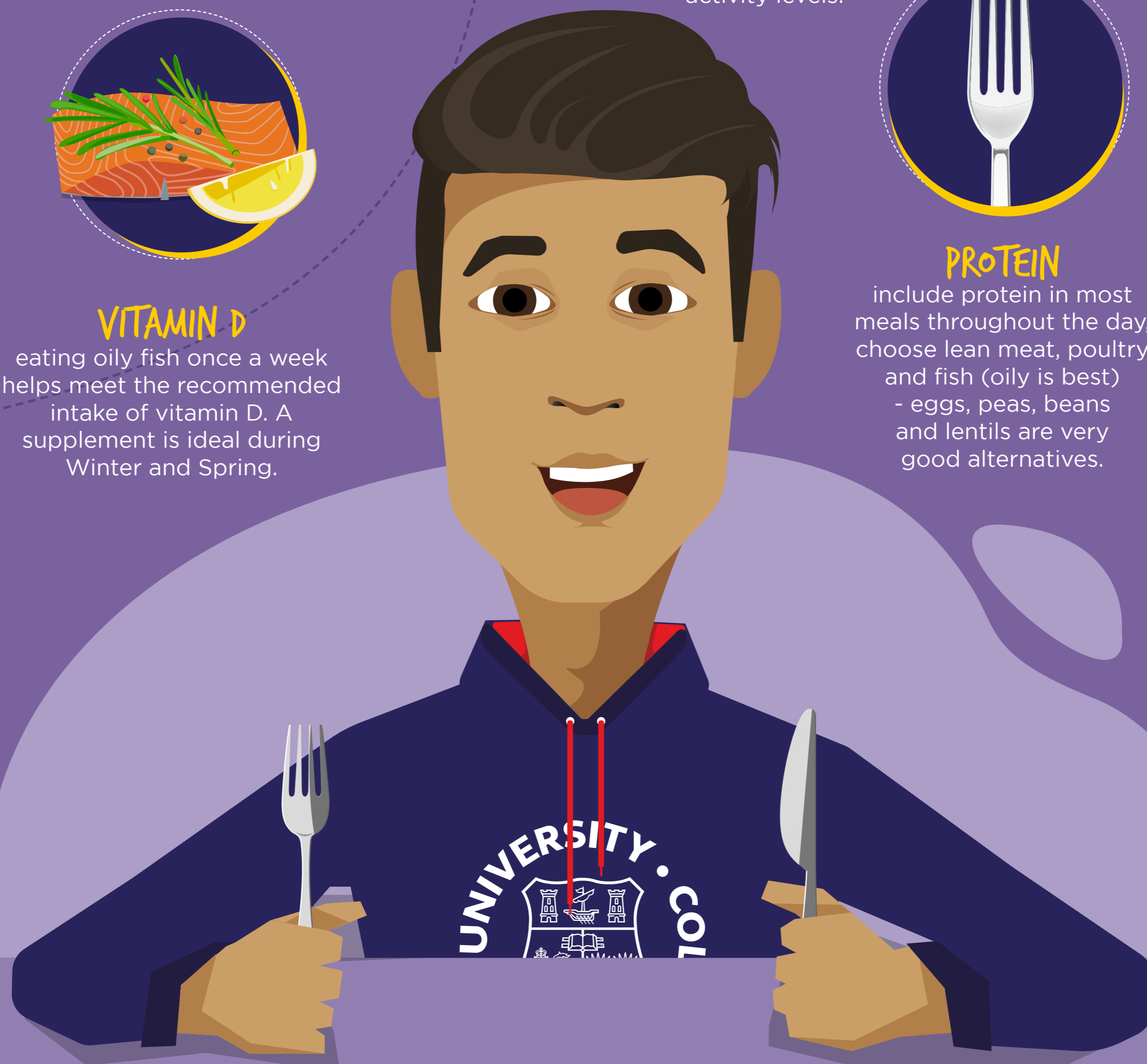
### HEALTHY MICROBIOME

include probiotic rich foods such as kefir, natural yogurt and fermented foods such as sauerkraut as well as prebiotic foods such as bananas, onions, leeks, asparagus, and garlic.



### HEALTHY FATS

a balanced diet should include healthy monounsaturated and polyunsaturated fats. The best sources include avocados, olive oil, whole nuts, seeds, and fatty fish (e.g. salmon, tuna).



GRADUATE

ATTRIBUTES

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Adapted from **UCC's Keep Well** website where you can find more information and resources for eating well and overall health and wellbeing.

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