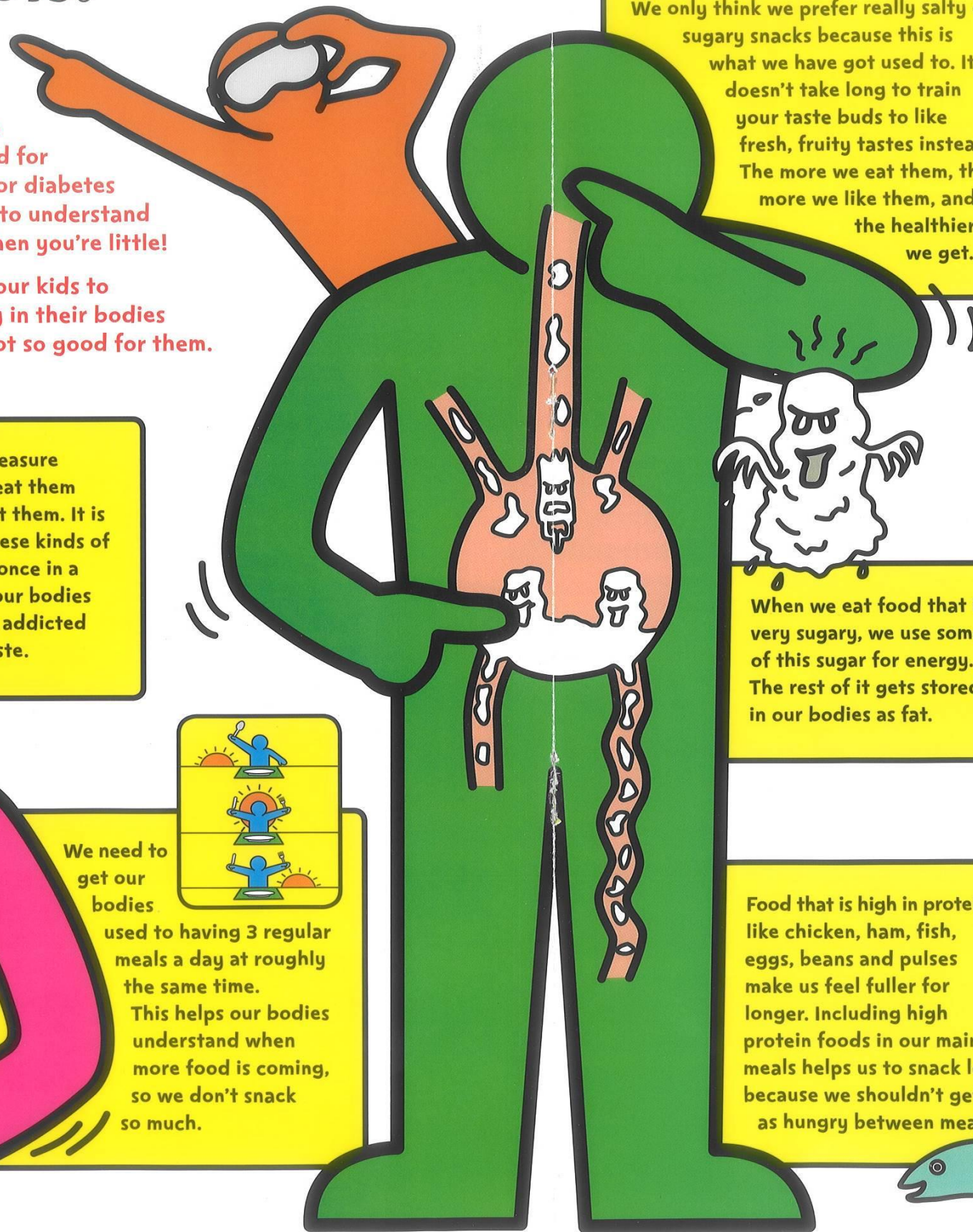




snack facts!

Kids can sometimes struggle to understand why the things that taste nice are so bad for them. And it's hard for them to care - getting heart disease or diabetes when you're older is a difficult thing to understand and seems like a very long way off when you're little!

So use this diagram to try and help your kids to understand what might be happening in their bodies when they snack on things that are not so good for them.

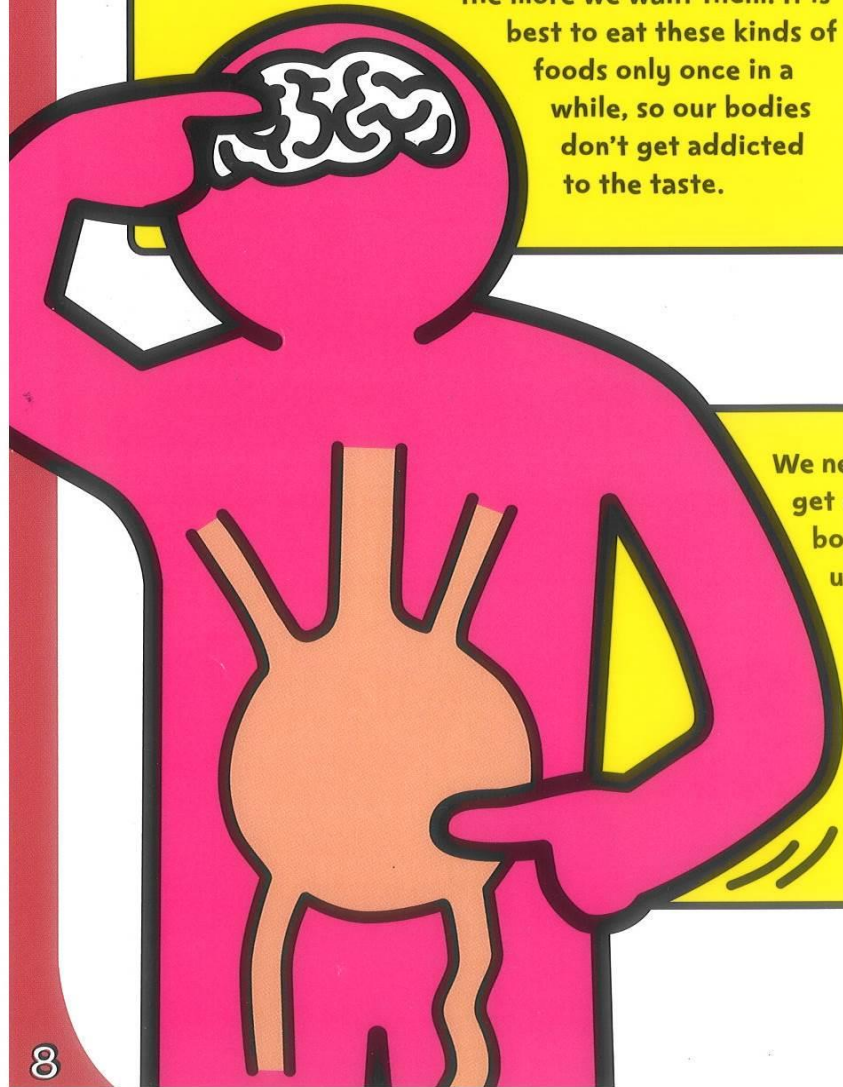


We only think we prefer really salty or sugary snacks because this is what we have got used to. It doesn't take long to train your taste buds to like fresh, fruity tastes instead. The more we eat them, the more we like them, and the healthier we get.

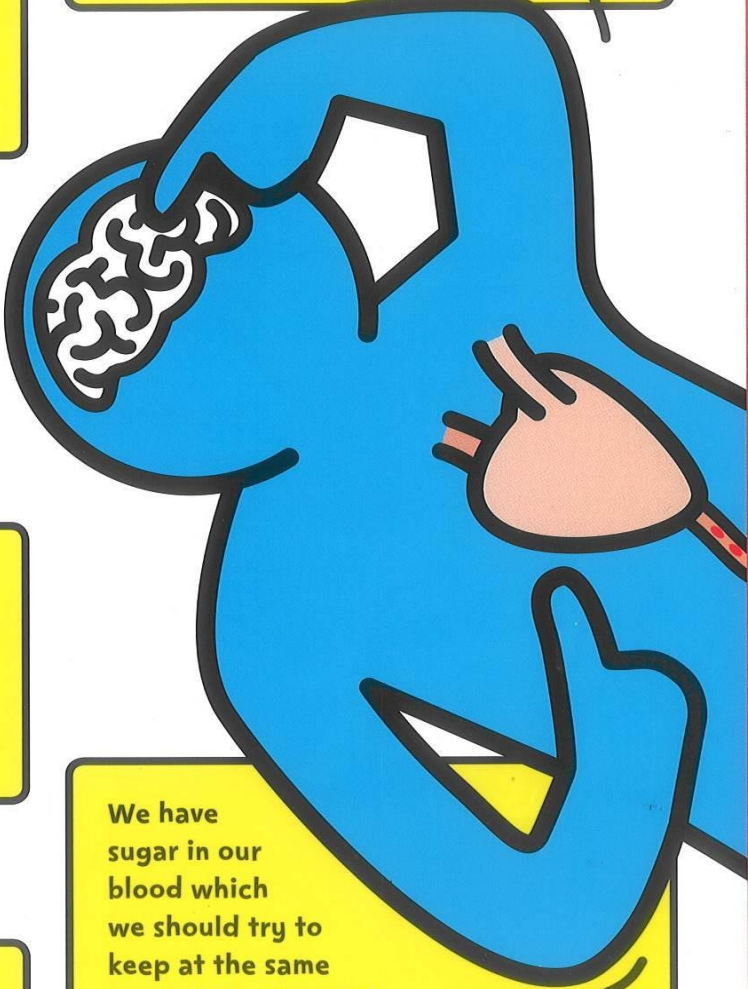
When we eat food, it can take up to 20 minutes for our tummies to let our brains know we're full. This can mean that we carry on eating when we don't really need any more food. So the trick is to eat slowly and have little breaks as we eat, to give our brains time to catch up.



Salty, sugary and fatty foods trigger pleasure chemicals in the brain, so the more we eat them the more we want them. It is best to eat these kinds of foods only once in a while, so our bodies don't get addicted to the taste.



When we eat food that is very sugary, we use some of this sugar for energy. The rest of it gets stored in our bodies as fat.



We have sugar in our blood which we should try to keep at the same level all the time. When we eat really sugary snacks this makes the sugar in the blood go up too quickly, giving us too much energy. After the peak the blood sugar then drops very fast which makes us feel tired. Avoiding big intakes of sugar helps to keep our energy levels constant.

We need to get our bodies used to having 3 regular meals a day at roughly the same time. This helps our bodies understand when more food is coming, so we don't snack so much.



Food that is high in protein like chicken, ham, fish, eggs, beans and pulses make us feel fuller for longer. Including high protein foods in our main meals helps us to snack less because we shouldn't get as hungry between meals.

