



Colour Your Greens

Bite 3



The word 'vita' means life. Vitamins are one of the ingredients of a healthy diet and help your body to work properly. Although you only need small amounts everyday, if you don't get enough your body cannot fight infections, your growth may be stunted and it will affect your skin, teeth and bones.

Vegetables are a good source of vitamins but, to make sure you get a variety, you mustn't just think 'green'. **COLOUR** your plate with an assortment of vegetables. For instance, vitamin A is found in carrots, vitamin K in green leafy vegetables and vitamin C in tomatoes. Eating a colourful plate of greens will ensure that your body gets the nourishment it needs.

What is a CRASH diet?

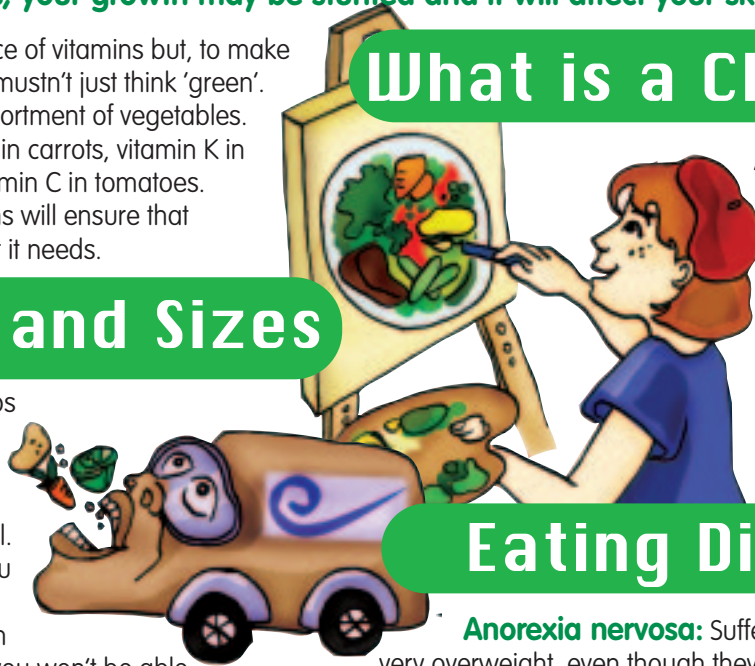
A crash diet is when you severely cut down the amount of food that you eat resulting in sudden weight loss. Most of the time, a crash diet involves 'cutting' out one or more food groups so, you are not only starving your body of energy, but essential nutrients as well.

All Shapes and Sizes

Food gives you energy and helps you to grow. When you are young and active, you need plenty of it. Think of yourself as being a car and food as the fuel. If you don't fill up with petrol, you will not reach your destination. Similarly, if you don't eat enough healthy food to fuel your body, you won't be able to concentrate in class or play sports and other extramural activities, because you won't have the energy.

Just remember, people come in different shapes and sizes. It does not help to compare yourself to your friends or even to the people you see on television and in magazines. They may be taller or shorter than you, or have a different build. You need to feed your body a healthy diet to work properly, not to try to look like somebody else. As you grow your body will change and so too your nutritional needs.

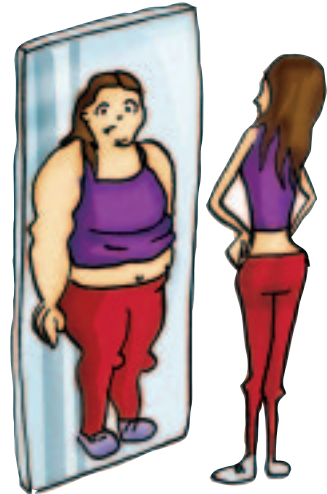
Try not to become obsessed with your weight or to go on crash diets. They can damage your health and, in the long run, very rarely work.



Eating Disorders:

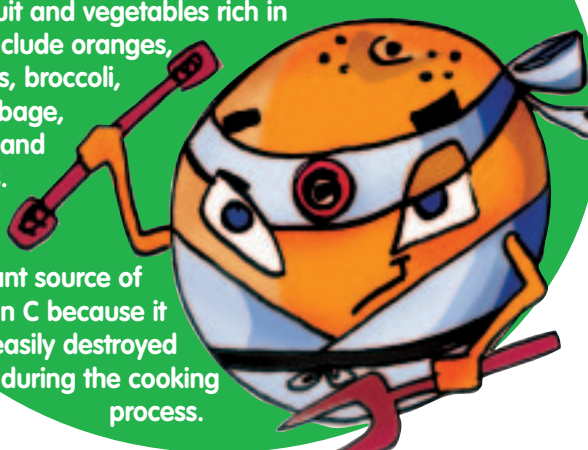
Anorexia nervosa: Sufferers believe that they are very overweight, even though they may not be. They starve themselves by limiting the food that they eat, even if they are too thin. It's more than just having a problem with food. It's about using food, or starving oneself to feel in control. They can become dangerously underweight and their health is very badly affected.

Bulimia nervosa: A person with bulimia binge-eats. To binge means to eat a lot of food in a short period of time. The sufferer then feels guilty for bingeing and may be afraid of gaining weight, so they then force themselves to become sick to 'undo' what they ate. As with any eating disorder, your body's health is severely affected by this vicious cycle of eating and being sick on a daily basis.



Vita-MAN C

This vitamin fights infections and helps the body to heal. It promotes good circulation, teeth, gums and bones. Foods containing vitamin C should be eaten every day as the body cannot store this vitamin. Fruit and vegetables rich in vitamin C include oranges, strawberries, broccoli, green cabbage, cauliflower and tomatoes. Citrus fruit is an important source of vitamin C because it is easily destroyed during the cooking process.



If you think you may be suffering from any of these illnesses it is important to tell somebody that you love, so that you can get help and go see a doctor.

Feed on this thought – Love yourself. Be yourself. There is only one of you!

