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I take the time to relax and eat with pleasure

Choose healthy foods that you enjoy, because that's how you'll really be able to maintain the changes in your habits over the long term. You should enjoy every bite.

Take the time to sit down with each meal and appreciate it for what it is.

Your brain needs about ten minutes before it realises that you are eating. Someone who eats quickly - which can happen when you're in front of a screen - runs the risk of eating a double portion before feeling full. The sensation of satiety is only felt after 20 minutes.

For balanced and tasty recipe ideas: www.gimb.lu.

Tip Use small forks, chew well before swallowing and pause after each bite. This will help you regulate your portions better.

5

I am aware of my emotions

You may have heard that "**we eat our emotions**", also known as emotional eating. This means that we sometimes eat when we have difficulty managing our emotions, stress, sadness or anger.

Try to identify your emotions and, over time, find alternatives to make you feel better: drawing, dancing, walking, meditation or music.

If you feel the need, don't hesitate to consult a psychologist or psychotherapist. They can help you to manage your emotions better.

1

I observe myself

Think about your eating habits by asking yourself a few questions:

- What is my eating routine?
- How often do I snack?
- Do I have trouble knowing when I'm no longer hungry?
- Am I active during the day?
- Is something bothering me, causing me anxiety?

2

I organise my meals

Structure your day with three main meals and possibly a snack. Your body appreciates regularity.

For example:

Timetable	Meals	Drink
After waking up, at home	Breakfast	1.5L of water throughout the day
12h/13h	Lunch	
16h/17h	Snack	
19h/20h	Dinner	

Your stomach will appreciate this routine and it will allow hunger to manifest itself naturally. You'll find that the urge to snack will diminish. However, if you skip a meal, you risk falling into the trap of snacking, which will cause you to eat more than your body needs, even if it's in small quantities.

Tip In the morning, before leaving for school, think about **what you'll need for the day and put it in your bag**.
For example: 1.5L of water + your snack

Here are a few tips to help and encourage you to be kind to yourself:

gimb.lu



Information on portions

Balanced and tasty recipe ideas



Information on physical activity

Eating a balanced diet means



taking care of myself

This brochure is designed to help you understand your eating habits, without judgement, so you can make changes at your own pace.



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé
et de la Sécurité sociale
Direction de la santé

3 I prepare balanced meals

A balanced meal starts with **simple, unprocessed** ingredients.

Breakfast

→ You compose it with

a cereal product	a dairy product	a piece of fresh seasonal fruit or vegetable	a drink
wholegrain bread, muesli with no added sugar, oat flakes	plain milk, plain yoghurt, cheese	pear, raspberry, tomato, carrot	water, herbal or fruit tea with no added sugar

You can add toppings in small quantities to suit your taste: olive oil, butter, jam with no added sugar, honey, nut butter with no added sugar or hummus.

Lunch and Dinner

- At the canteen or at home, your plate should **be** made up of **half vegetables**, **¼ starchy foods** (favour wholegrain cereals) and **¼ protein** (meat, fish, eggs or vegetarian alternatives).
- Adapt your meal to your cultural background (hot or cold meal).
- If you choose a sandwich: choose wholegrain bread, without sauces and containing vegetables and a source of protein.
- Find out about the options available for your lunch meal at your school canteen - it's a great opportunity to discover new tastes.

Morning/afternoon snack

- If you're feeling hungry, you can have a light snack.
- It can be useful if the time between two meals is too long.
- So as not to spoil your appetite for the next meal, it should ideally be a light snack, such as unsweetened plain yoghurt, a piece of fresh fruit/vegetable or a handful of nuts with no added salt (e.g. walnuts, almonds, etc.).

Tip If you enjoy sweeter options, save them for week-ends or special occasions.

Drinks

- Water is the drink of choice.
- Homemade herbal teas or flavoured waters are also suitable (e.g. with a slice of orange, lemon or mint).

Tip To give your water even more flavour, add pieces of your favourite fruit.

You can find more information on recommended daily portions at www.gimb.lu and don't hesitate to access the free appointments available with a dietician if you need help.



A balanced plate

means:

½ vegetables
+
¼ starchy foods
+
¼ protein

6 I stay active

The body is made to move.

If you're not very active, it can be useful to gradually incorporate more movement into your daily and weekly routine.

Find an activity that you enjoy and set yourself limits on the amount of time you spend on screens each day. Use those minutes for some more physical activity every day.

Tip Walk part of the way to and from school. This will increase your daily physical activity without you noticing.
For example: If you take the bus, get off at the previous stop.

You can find more information on physical activity at www.gimb.lu.

7 I prioritise my sleep

Good sleep is crucial to a healthy lifestyle. Keep away from screens before going to bed and avoid heavy meals in the evening, as a good night's sleep helps to regulate your appetite. Lack of sleep makes you tired and less motivated to get moving.

Every little change counts!

Gradually adopt sustainable eating habits for a better relationship with food and your body. Involve your family in reinforcing these habits, and don't hesitate to consult a dietician and/or psychologist if necessary.

Tip Set yourself one goal per month and you'll see that the changes will be gradual and increasingly natural.

8 How can I find help?

If you have any questions, don't hesitate to contact the school health nurse at your school. She will be able to direct you to the health professionals best suited to your needs.

To benefit from consultations reimbursed by the CNS, you need a doctor's prescription. Ask your parents to accompany you to the doctor and/or speak to your GP so that he or she can prescribe these consultations for you. Feel empowered to take the health decisions that will increase your wellbeing.

