# "5 a day" association recommends taking advantage of the return to school to resume healthy eating habits

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The Association "Fresh fruit and vegetables 5 a day" recommended that children and adults take advantage of the return to school to resume the recommendation to eat fruits and vegetables daily. "With summer and especially older children lose many of the habits that we had acquired", they say from a press release.

They note that in summer usually increase the intake of ice cream, candy, sugary fast food ybebidas. Autumn is the time to seek "gradually return to a healthy diet and a more active life, to resume routines and enable our children back to school with the" batteries recharged "without compromising your current and future health. Therefore from the Association "5 a day" we encourage parents, do not forget that a balanced diet, including at least 5 servings of fruit and

vegetables a day, can help the whole family to maintain good health. "

Children need energy and nutrients to develop the physical and psychological activities appropriate to their age and school capacity through learning and school and extracurricular activities. In pre-adolescence or when physical activity is increased by regular sports or active games with friends, energy needs increase. Since the association recommend getting enough energy through foods like bread, pasta, rice, preferably whole, and legumes or potatoes. "We must also ensure the supply of protein through lean meats, fish, eggs and low-fat dairy. The more energy you spend, the more other nutrients like vitamins and minerals we need, hence the importantica to include a variety of foods in our daily food, especially fruits and vegetables, "say.

The association recommends "before leaving home, a full breakfast with a few pieces of fruit or a glass of juice, milk and bread or cereal. In the backpack, plus books and case, do not forget to get a good recess dose of healthy and balanced diet, one tapper fruit, they vitality until they return home. It is important to ensure that in the dining room take care of serve at least one serving of vegetables and fruit. "

And his advice to complete the following statements: "For a snack, a fresh fruit and a few almonds or a sandwich, would be perfect to help them face the rest of the afternoon until dinner time, especially if we have a small home sportsman. And for the last meal of the day, dinner, ensure a serving of raw or cooked vegetables to accompany other foods to supplement the school lunch menu. "

**Source: 5 a day association**