



School Nurse Report

Healthy Skin

Getting pimples and acne in teenage years is normal and common.

They occur when pores in the skin get blocked and oils build up underneath.

Certain foods can play a role in improving the symptoms of acne. These foods are high in protein and fibre, lower in sugar and salt, and less processed.

FOR HEALTHY SKIN IT IS IMPORTANT TO EAT A BALANCED DIET:

- **Switch to wholegrain breads and cereals, pasta, and basmati rice**
- **Eat plenty of vegetables each day** (fresh, frozen, or tinned)
- **Eat plenty of fruit each day** (fresh, frozen, or tinned)
- **Include some protein at each meal** (such as eggs, nuts, legumes, fish, poultry, lean meat)
- **Include low-fat dairy a few times each day** (such as low-fat milk, low-fat yoghurt)
- **Try to limit processed foods** (such as lollies, chocolate, chips, soft drinks, cakes, biscuits)
- **Drink plenty of water every day**
- **Be physically active every day and exercise regularly**

PRACTICAL MEAL AND SNACK IDEAS

- Breakfast
 - Baked beans on wholegrain toast + glass of low-fat milk, **OR**
 - Porridge made with low-fat milk + 1 piece of fruit
- Lunch
 - Tinned tuna with salad vegetables + low-fat milk popper, **OR**
 - Wholegrain sandwich with lean meat and salad + small tub of low-fat yoghurt
- Dinner
 - Salmon & vegetable pasta bake, **OR**
 - Lentil & vegetable curry with basmati rice
- Snacks
 - Handful of nuts (raw and unsalted is best), **OR**
 - Fresh fruit or tinned fruit (in natural juice), **OR**
 - Low-fat yogurt or low-fat fruit smoothie

Our food and water consumption is so important to our health and wellbeing. Try and eat 2 fruits and 5 veges per day and drink AT LEAST 2L of water per day (more in the warmer months or if you are exercising).

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Your School Based Youth Health Nurse