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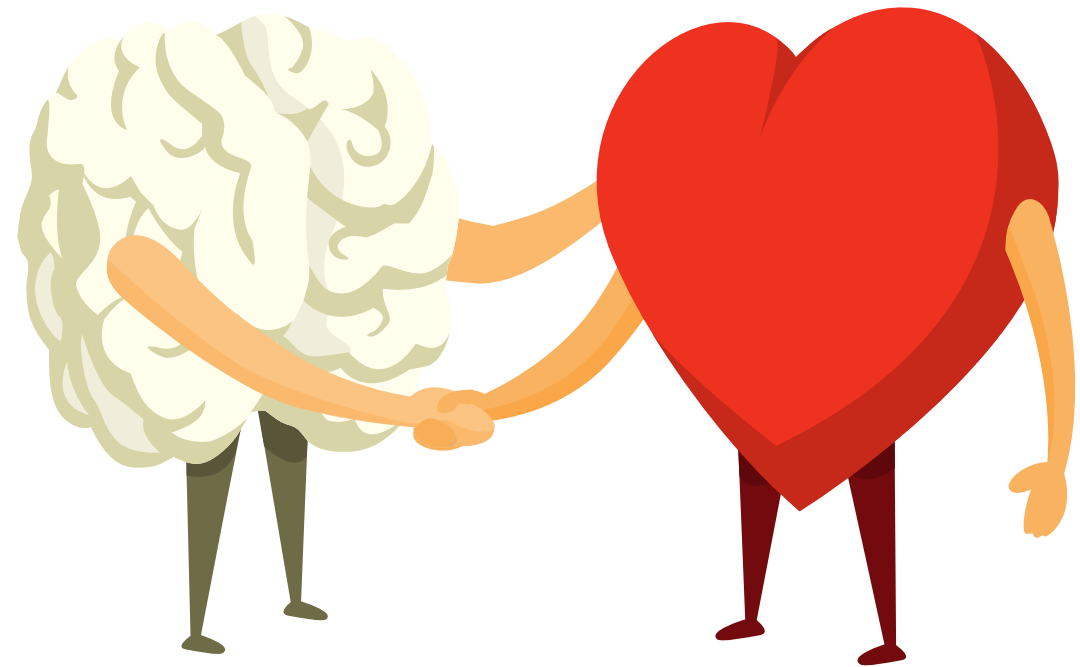


# FANTASTIC FATS

YES...YOU READ THAT RIGHT....FAT  
REALLY IS FANTASTIC, BUT ONLY IF YOU  
EAT THE RIGHT SORT OF FAT.

## SO WHAT DOES FAT DO FOR ME?

- GIVES YOU ENERGY
- TASTES GOOD AND MAKES YOU FEEL FULL
- KEEPS YOUR BODY WARM
- HELPS YOUR CELLS TO GROW
- CUSHIONS YOUR BRAIN AND HEART
- HELPS YOU ABSORB SOME VITAMINS FROM FOODS THAT ARE IMPORTANT TO HELP YOU FIGHT INFECTION.



## WHERE CAN I FIND GOOD FATS?

**NUTS - ESPECIALLY WALNUTS. HAVE YOU EVER NOTICED HOW WALNUTS LOOK LIKE A BRAIN? THEY ARE BRILLIANT FOR BRAIN HEALTH.**

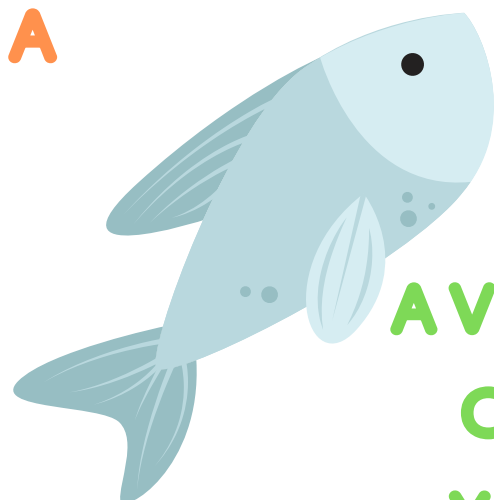


**FATTY FISH - SALMON, TROUT, TUNA, SARDINES. IF YOU DON'T LIKE FISH ON ITS OWN, TRY MIXING IT UP IN A FISH CAKE WITH MASHED POTATO AND PEAS.**

**OLIVE OIL - TRY DIPPING BREAD INTO OLIVE OIL WHEN YOU'RE EATING SOUP OR A SNACK. ITS DELICIOUS.**



**SEEDS - LITTLE POWER HOUSES OF NUTRITION, SEEDS ARE BRILLIANT. TRY SPRINKLING THEM ON PORRIDGE OR CEREAL. OR MAKE YOUR OWN BAKED SNACK BARS WITH SEEDS, OATS, MASHED BANANA AND HONEY.**



**AVOCADOS - DELICIOUS ON THEIR OWN OR MASHED ON TOAST. IF YOU DON'T LIKE THEM ON THEIR OWN, TRY MASHING IT WITH A BANANA OR DROPPING A QUARTER OF AN AVOCADO INTO A SMOOTHIE WITH A BANANA AND PEANUT BUTTER.**