





**KEEP CALM  
STOP SMOKING**



**20 MINS**

Congratulate yourself on giving up for less time than you would normally go between cigs

**48 HOURS**

Your sense of taste starts to come back. You can now officially lecture your friends about the dangers of smoking

**6 MONTHS**

Your lungs capacity is greatly improved. Resist the temptation to have a celebration cigarette just so "you can remember how bad they taste"



**8 HOURS**

You resisted the temptation to drive to the nearest gas station in tears in search of cigs. As a reward your complexion has improved dramatically.

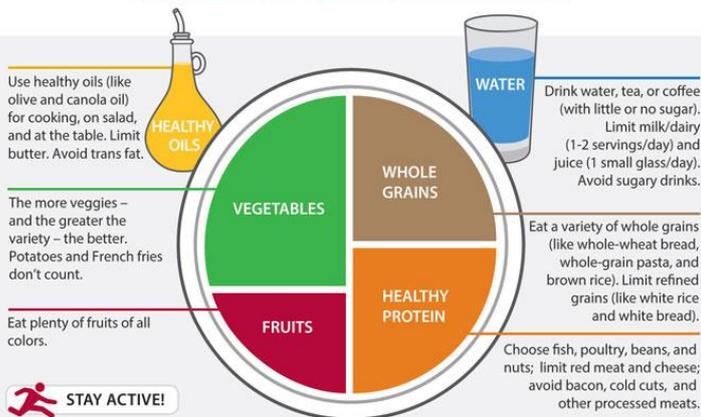
**6 WEEKS**

Your energy levels are through the roof. You might even become one of those "sporty people" you've looked down on all the time you've been busy smoking

**1 YEAR**

Well done. You've now left the most abusive relationship you will ever be in. Just don't go back...even if you're still crushing on your ex.

## HEALTHY EATING PLATE



**STAY ACTIVE!**  
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The Nutrition Source  
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### Healthy Fats – choose more often

#### Monounsaturated fats

Avocados, nuts and seeds, olive oil, peanut oil, canola oil, peanut butter

#### Polyunsaturated

Soybean oil, corn oil, safflower oil, soft tub margarines, walnuts and sunflower seeds

#### Omega-3 fatty acids

Fatty or oily fish such as salmon, mackerel, tuna, sardines and herring; flaxseed oil

### Unhealthy Fats - choose less often

#### Saturated fats

Butter, meat, coconut, poultry with skin, baked goods, high fat dairy products (e.g. whole or 2% milk, cream, ice cream)

#### Trans fats

Crackers, cookies, pastries, doughnuts, chips, stick margarine, French fries, shortening, any "Partially hydrogenated oils" listed as ingredients

Aim to eat as little trans fat as possible



| kcalories | protein | carbs | fat | saturates | fibre | sugar | salt  |
|-----------|---------|-------|-----|-----------|-------|-------|-------|
| 355       | 18g     | 48g   | 11g | 3g        | 6g    | 6g    | 1.81g |

2 tsp oil

1 egg, beaten

2 rashers bacon, chopped

175g mushrooms, sliced

200g frozen peas

1 garlic clove, crushed

small knob of fresh root ginger, grated

2 tsp dark soy sauce, plus extra to serve

1 tsp sugar

250g cooked basmati rice

## Fast-Fix One Pan Rice – Perfect brain fuel for pre-exam hunger, quick, easy and cheap to make!

- Heat the oil in a frying pan, then tip in the egg. Leave to set for 30 secs-1 min, swirling every now and again, then tip it out and finely slice. Add bacon and mushrooms to pan, then fry until golden, about 3 mins. Add peas, garlic and ginger, then cook for 1 min.

- Mix the soy sauce and sugar together. Turn up the heat, add the cooked rice to the pan, heat through, then splash in the sweet soy sauce. Stir through the egg and serve straight away, with more soy sauce if you like.