

Handy tips for a healthy family

These days, modern life can mean that we're not as active as our parents or grandparents were. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much or eat as well as we used to.

Change4life is there to give you the support and info you need to help your kids eat well, move more and live longer. Here are a few things you can do that will make a difference to the health of your kids.



✓ Sugar swaps

Go for no added sugar options wherever possible.



✓ Snack check

Cut down or swap unhealthy snacks for something like fruit.



✓ 5 A DAY

It's easier than you think to get the right amount of fruit and veg - fresh, frozen, canned, dried and juice all count.



✓ Meal time

Try for 3 meals a day, at regular times - and don't skip breakfast!



✓ Me size meals

Remember kids' tummies are much smaller than adults' - so they need smaller portions.



✓ Cut back fat

Compare food labels and go for lower fat varieties.



✓ 60 active minutes

Kids need at least 60 minutes of physical activity over the day to get their hearts beating faster.



✓ Up and about

Any kind of moving is better than sitting on the sofa - so get going!

