

Healthy families have more fun

Modern life can mean our families are a lot less active and a lot more likely to eat food that isn't good for them. But Change4Life is here to help you make small changes that can make a big difference.

What's in our family's food?

We wouldn't let our kids eat sugar from the sugar bowl or salt from the salt shaker. But we tend not to think about the sugar, salt and saturated fat in other things they eat and drink. And that means our kids are eating way too much of them.



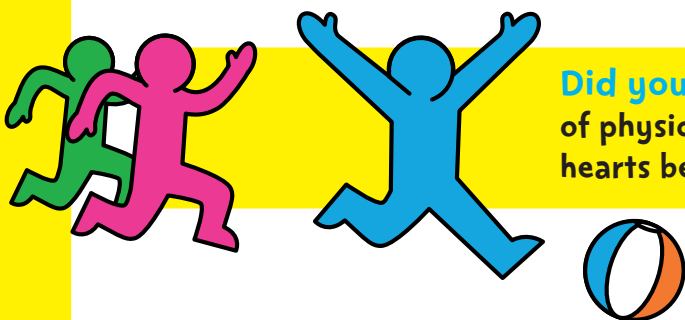
Did you know? Children in the UK are consuming nearly 3 times more sugar than the maximum daily recommendation.



That's why Change4Life has developed the Be Food Smart app. It lets families see what's in their food and drinks, simply by scanning the barcode. Plus there are food detective activities for children and mini missions for the whole family. **Download the app today.**

Time to get moving?

Most children are not as active as they should be – and that's not great for their little bodies. Being active keeps their heart, bones and weight healthy, and it makes them feel good too!



Did you know? Children need to do 60 minutes of physical activity – the kind that gets their hearts beating faster – every day.

Doing 10-minute bursts of activity is an easy way to help them get moving – just check out the 10 Minute Shake Up games on the Change4Life website if you need inspiration. You'll also find ideas for kids to have fun, indoors or out, rain or shine!

For tips on how to eat well and move more,
search Change4Life

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top tip 1

Sugar swaps

Swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to kids' calorie intake. Not only that, but it's better for their teeth too. Here are a few ideas on what to swap:

- Sugary drinks have no place in a child's daily diet. Swap to water, lower fat milks, sugar free, diet and no added sugar drinks instead.

- Switch to snacks like fresh fruit, plain rice cakes, plain nuts or toast with low-fat spread instead of sweets or biscuits.
- Swap sugary breakfast cereal to plain cereal such as plain porridge, plain, whole-wheat biscuits or plain shredded whole grain.



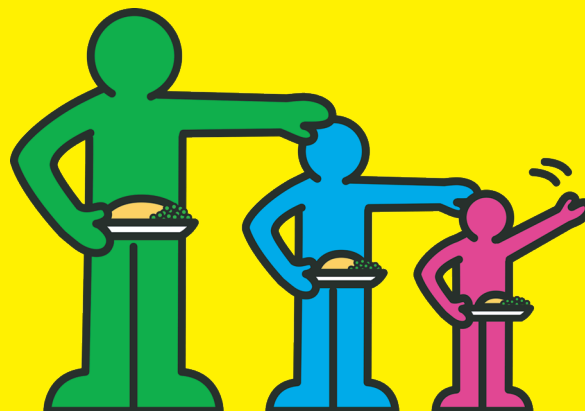
top tip 2

Me size meals

Even though they're growing, it's important to make sure kids get just the right amount of food for their age - not too little and not too much. So here are a few tips to make sure they're getting the right sized portions.

- Remember that kids are smaller than adults. It sounds obvious, but an adult tummy is much bigger than a kid's tummy - so try and give

them a portion that matches their size and not the same amount of food as you.



- Give a smaller portion to begin with, then let them ask for more if they're still hungry. And try not to tell them to 'eat it all up' if they're full.
- Watch packaging sizes. Lots of foods and drinks, like cans of pop, are designed for adults or for sharing.

top tip 3

Snack check

Many snacks are full of the things that are bad for us – sugar, salt, saturated fat and too many calories. So try and keep a careful eye on how many the kids are having. These tips might help keep the snack attacks at bay.

- Keep count. Many people are surprised when they actually count up how many sweets, crisps, and biscuits they get through. Keep count and you're more likely to cut down – which is good for your kids and for your purse too.
- Aim to have at least one fruit snack a day to help get your 5 A Day.

Snack check	
Apple	1

- Don't forget that it is sometimes kinder to say no. We all love to give our kids what they want, but try to find different ways to reward them – stickers, or a trip to the park.



top tip 4

5 A Day

Fresh, frozen, dried, juiced and canned fruit and vegetables all count. And it only takes a couple of minutes to boil some frozen peas or open a can of sweetcorn.

- One glass of 150 ml unsweetened fruit juice counts as one of your 5 A Day, but limit the amount to no more than 150ml a day and keep it to meal times to protect your teeth.
- A piece of fruit or some vegetables can help brighten up a lunchbox. Make it fun with carrot sticks, baby tomatoes or a banana with a face drawn on the skin.



top tip 5

10 minute bursts of activity

Kids need to do at least 60 minutes of activity a day to help them stay happy and healthy. But it doesn't have to be sport – running around and having fun outside count too.

- Get them off the bus and out of the car – if it's walkable, walk it.
- Clock up 60 minutes' worth of active play each day after school and at weekends – this includes running around, going to playgrounds and kids' outdoor games. And it's all free!



- Get them splashing about. Whether it's lengths of the pool, or just playing about in the shallow end, a trip to the pool is a great way to get them moving and wear them out.
- Check out our great 10 Minute Shake Ups by searching Change4Life. Any burst of 10 minute activity counts and goes towards the 60 minutes of physical activity kids need a day.

top tip 6

Get going everyday

The way life is today means that most of us spend too long sitting down. Not being active means our bodies don't burn off enough energy which can lead to the build up of harmful fat on the inside.

- '2 hours max' – You may find it helpful to set a limit to how long your children can sit still in front of the TV, computer or video game. Some families have found saying '2 hours max' of screen time each day helps them



to make sure kids jump up and play, or go outside after they've been sitting still for a while.

- Get them running around after school. We tend to think that they get loads of exercise at school, but they still need to be active out of school hours too.
- Get them up and about after eating, instead of plonking down on the sofa. Moving around helps keep them healthy and can be lots of fun.