



Reduce processed foods

Top 5 processed foods to avoid:

- *Chicken nuggets
- *Ready meals
- *Hot dogs
- *Fizzy pop
- *Sugary breakfast cereals

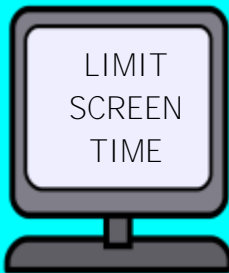


Try and cook from fresh!

Change For Life Super-meals have great recipes!



Reduce the amount of time spent watching TV, DVDs, playing console games and using Smart phones or tablets, especially before bedtime.



Make more time to be active with your friends and family!

Why is being active important?



When you exercise, you're helping to build a strong body that will be able to move around and do all the things you need to do. Try to be active every day for 60 minutes and your body will thank you later! (Exercise makes your heart happy!)

FREE HEALTH SERVICES

- *Live life better Derbyshire (Free health and wellbeing service to support)
- *Weight loss
- *Stop smoking
- *Improve well-being
- *Get active



Healthy Families
Happy Children



Fun apps to use

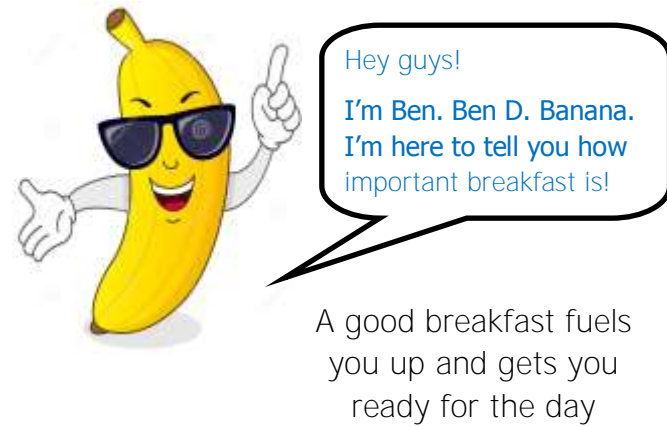


Sugarsmart

Foodswitch

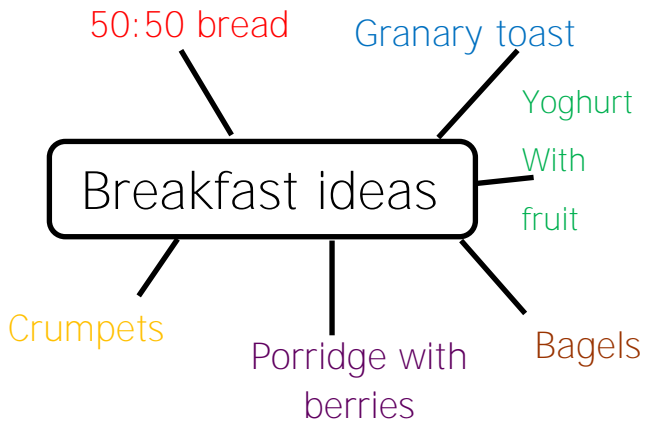


Change 4 Life



FACT: In general, children who eat breakfast, have more energy in school and eat more healthily throughout the day. Without breakfast, people get irritable, restless and tired.

Swap sugary cereals for:



A variety of food is needed in the diet because different foods contain different substances that are needed for health.

- Children should be encouraged to:
- eat plenty of fruit and vegetables (2 fruits/3 vegetables a day)
 - Eat starchy foods such as cereals, bread, rice, pasta and noodles, preferably wholegrain, to fill them up and give them more energy.
 - Include lean meat, fish and poultry, or an alternative source of protein for growth.
 - Choose water or milk as their main drink.

TOP TIPS: Use the grill instead of a frying pan.

We need sleep to keep us healthy, happy and doing our best.

5-12 year olds need 10-11 hours each night.

Using screens (TV, tablets and computers) and drinks which contain caffeine close to bedtime can all lead to difficulty falling asleep so monitor carefully.



FACT: The recommended maximum sugar intake for children aged 7-10 is 24g or 6 teaspoons a day.

