

8 easy ways to change4life

change
4life
Eat well Move more Live longer

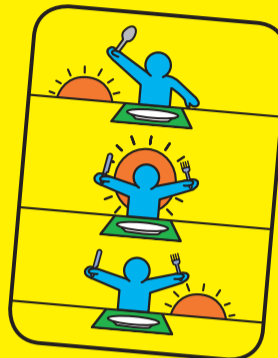
1 sugar swaps



Swapping sugary snacks and drinks for ones that are lower in sugar can really make a difference to your kids' calorie intake.

Tip: Switch from sugary drinks to no added sugar drinks such as water, milk, unsweetened fruit juice or even sugar-free fizzy drinks.

2 meal time



It's important for kids to have regular, proper meals as they may miss out on essential nutrients otherwise.

Tip: Don't let your kids skip breakfast - low sugar cereals, toast or fruit are a great way to kick-start their day.

3 me size meals



Even though they're growing, kids need to eat the right amount for their age - not too little and not too much.

Tip: Give your kids a portion that matches their age, not the same amount of food as you.

4 snack check

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Me							
Jane							
Jim							
John							



Many snacks are full of fat, sugar and salt, so keep an eye on how many less healthy snacks your kids are having.

Tip: Keep count: many people are surprised how many sweets, crisps and biscuits their kids get through!

5 5 a day



It's easier than you think to give your kids five portions of fruit and veg every day. For kids, one portion is roughly a handful.

Tip: Frozen and canned fruit and veg count too - it's quick and cheap to boil some frozen peas or open a can of sweetcorn.

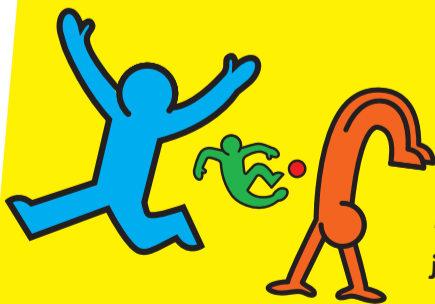
6 cut back fat



We all know that too much fat is bad for us, but it's not always easy to tell where it's lurking.

Tip: Grilling or baking food in the oven, rather than frying it, can cut the fat content by about a half.

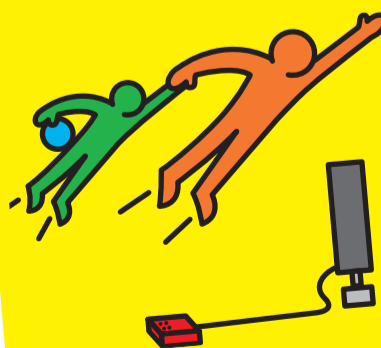
7 60 active minutes



Kids need to do at least 60 minutes of activity a day to help them stay happy and healthy.

Tip: It doesn't have to be organised sport - running around, going to the playground or just walking instead of taking the car all count.

8 up and about



Spending too long in front of the TV, computer or video games can mean our bodies don't burn off enough fat.

Tip: Some families find that setting a daily limit for sitting still (e.g. '2 hours max') is a good way to keep their kids active.

For lots more ideas and tips to help your kids stay fit and healthy, sign up to Change4Life today.

Search for **change4life** or call **0300 123 4567***

*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 8pm every day.

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