

top tips for top kids



change

4 life

Eat well Move more Live longer



fun, free and easy ways to get your kids happy and healthy

We all want our children to grow up to be happy, healthy adults. But it can sometimes be hard to know how. So here are 8 easy tips to help you keep your kids feeling great.

These tips have been put together by health professionals and will help your kids to eat well, move more and whatever their weight, it's important that children eat a healthy balanced diet and get lots of exercise to build a healthy body. The problem is too much stored fat in the body can lead to diseases like heart disease, some cancers and type-2 diabetes. If they're underweight it's just as important for them to eat healthy food and be active.

If you ever have any concerns about your kids' health or weight – please contact your GP.

For more information



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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 (in juice not syrups), 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.



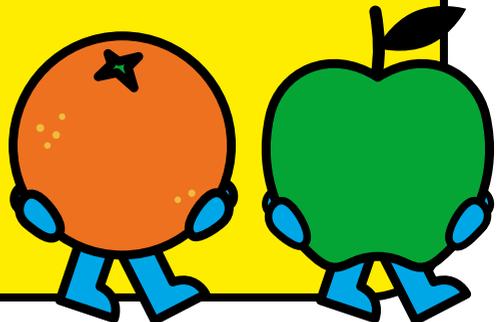
top tip



Meal time

It's important for kids to have regular, proper meals as growing bodies respond better to routine.

- Try to organise the day around three regular mealtimes – it's easier to keep kids from pestering for snacks if they know when their next meal is coming!
- Eat together whenever you can. Kids copy parents, brothers, sisters and friends – so when they see other people happily eating lots of different, healthy foods, they'll follow suit.
- They call breakfast the most important meal of the day and it's certainly a great way to give kids the energy they need to give it a kick start, so don't let them skip breakfast. Try lower sugar cereals or toast, and if you add chopped fruit then that counts toward their 5 A DAY too!

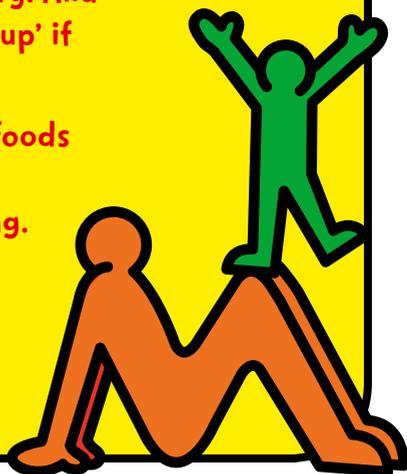


top tip 3

Me size meals

Even though they're growing, it's important to make sure kids get just the right amount 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 nag 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 4

Snack check

Many snacks are full of the things that are bad for us – sugar, salt, 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.
- 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.

Snack check	
Apple	1



top tip 5

5 A DAY

It's easier than you think to give your kids five portions of fruit and vegetables a day. For kids, one portion is roughly a handful. Here are a couple of ideas on getting some good things into them:

- 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 the five but limit the amount to no more than 150ml a day and keep it to mealtimes as it causes tooth decay.
- A piece of fruit or vegetable can help cheer up a lunchbox. Try carrot sticks, baby tomatoes or a banana with a face drawn on the skin.



top tip 6

Cut back fat

We all know too much fat is bad for us. But it's not always easy to tell where it's lurking. Here are a few fat-busting tips:

- Cut down on snack foods as they're often jam-packed with fat. Try and keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats only.
- Grilling or baking food in the oven rather than frying it on the cooker can reduce the fat content by as much as two-thirds.
- Literally cut the fat. Trim off any fat you can see from meat before you cook it, and skin chicken and turkey first. Draining off the fat after cooking will also help.



top tip 7



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.

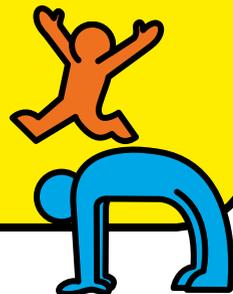
- Get them off the bus and out of the car – if it's walkable, walk it.
- Clock up 60 minutes' worth of active play each day after school and at weekends – this includes running around, going to playgrounds and kids' outdoor games. And it's all free!
- Get them splashing about. Whether it's lengths of 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 as a Shake Up and goes towards the 60 minutes of physical activity kids need a day.

top tip 8

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 leads to it storing up as fat 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 digestion and can be fun.



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Many kids today have too much fat in their bodies, so Change4Life is really important to their future. As Change4Life continues to grow, there will be plenty of interesting things to get involved in all over the country. These will include local events and activities, information packs and recipe ideas for yummy food amongst many other things.

If you're interested in receiving more information on helping your kids stay fit and healthy, why not join the Change4Life movement today?

You can register at



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 mobile minutes subject to your provider and your call package.

Our offices are open from 9am to 6.30pm, Monday to Friday.



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