



#healthyeating
#publichealth5-19service



HEALTHY EATING FACTSHEET

This factsheet will provide you with helpful tips and links to websites on healthy eating to help you make more informed choices about healthier foods for you and your family.

TOP TIPS FOR HEALTHY EATING:

Eating well is fundamental to good health and well-being. Choosing a healthy, nutritious diet can help you look and feel your best. A healthy, balanced diet plays an essential role in maintaining a healthy weight which is an important part of overall good health.

Tip 1: Don't skip breakfast as it provides energy to kick start the day, therefore making it the most important daily meal.

Tip 2: Eat together when you can, try to organise the day around 3 meals to help reduce snacking. Make sure a child's portion is less than the adult portions.

Tip 3: Meals should be based on starchy carbohydrates such as potatoes, bread, rice, pasta and cereals.

Tip 4: Eat lots of fruit and vegetables, at least 5 portions every day, which can be fresh, frozen or canned.

Tip 5: Eat more fish, at least 2 portions of fish per week including at least 1 portion of oily fish per week, such as salmon, mackerel, trout, herring, sardines or pilchards.

Tip 6: Too much saturated fats, found in foods such as butter, cakes, biscuits, pies, fatty cuts of meat, bacon, sausages and cheese increase your risk of developing heart disease. Look out for the **red**, **amber** and **green** nutrition labels on food packaging to help reduce the amount of saturated fats you eat.

Tip 7: Reduce your sugar intake as too much sugar in your diet increases your risk of obesity, diabetes and tooth decay. Children over 11 and adults should have no more than the equivalent of 7 cubes of added sugar per day.

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Tip 8: Reduce the amount of salt you eat each day. Adults and children over 11 should have a maximum of 6g per day (equivalent to 1 teaspoonful) with younger children having only 3g.

Tip 9: Avoid too many snacks. Fruit and vegetables are always the best choice, but if you're shopping for packaged snacks for your children, look for 100 calorie snacks, two a day max!

VISIT THESE USEFUL WEBSITES

www.nhs.uk/Change4Life/Pages/healthy-eating.aspx

Change4Life campaign to help families eat well, free resources for all who join.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

Change4Life information on healthier snacks for kids.

www.nhs.uk/livewell/goodfood

Information, advice and free resources on eating a balanced diet.

www.nhs.uk/livewell/healthy-eating

Information, advice and free resources on what counts as a 5 A Day portion.

www.nhs.uk/livewell/5aday

Information, advice and free resources on what counts as a 5 A Day portion.

www.henry.org.uk

Information to support families to be healthier and prevent child obesity.

<https://www.bhf.org.uk/heart-health/children-and-young-people>

Top tips on keeping your child healthy, from the British Heart Foundation.

www.cwt.org.uk

The Caroline Walker trust provides evidence based reports, latest guidelines and resources on all aspects of healthy eating, covering all ages.

www.cumbriapartnership.nhs.uk/our-services/children-families