

#healthyeating
#GrowingHealthyWestmorlandandFurness



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.

Tip 2: Eat together when you can, trying to organise the day around 3 meals will help reduce snacking.

Tip 3: Make sure children's portions are the right size from them, they should be smaller than the adult portions.

Tip 4: Meals should be based on wholegrain 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 increases the 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. 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.

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 aim for two a day max!

VISIT THESE USEFUL WEBSITES

Children's Health Services 0 -19 - Healthy Lifestyles

NHS - Healthy Weight Children Advice for Parents

NHS - Healthier Families

NHS - Sugar: the facts

If you would like any help or support to improve with your child please book an appointment in our E-School Nurse video clinic.

Telephone: 0300 304 9039

Visit our website: [Growing Healthy 0-19 Westmorland & Furness](https://www.growinghealthy.co.uk/)

Find us on Facebook and Instagram: Growing Healthy Westmorland and Furness 0-19

You can also find more information about our service, your child's development and local services by downloading our App.



**Westmorland
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Council**