

Eating well and moving more for children and Young People



A guide for families

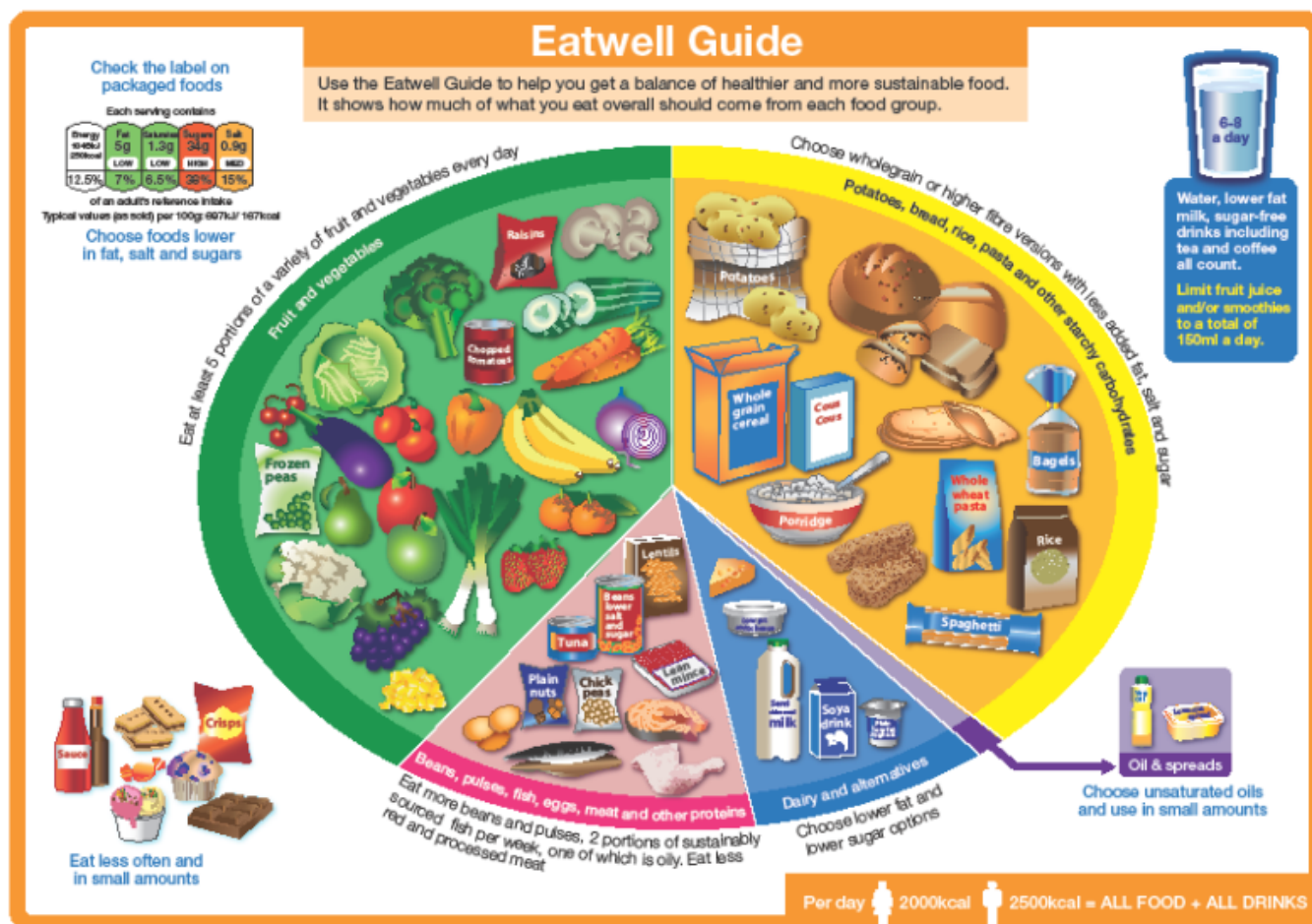
Eating well and moving more is really important for children, young people and the whole family

- ✓ Eating well gives children and young people the right nutrients they need for growth
- ✓ Moving more helps their bodies develop and work at their best

This leaflet offers hints and tips to help you give your child a healthy lifestyle that the whole family can enjoy.

What is eating well?

The Eatwell Guide shows the different food groups and how much we should try to have from each group to have a healthy balanced intake.



No food is “bad” or “forbidden” but for a healthy balance, we should eat more of some foods and less of other foods.

Let's look at the food groups and how to get the balance right.

Fruit and vegetables

Fruit and vegetables are really important for children – they provide vitamins, minerals and fibre needed to grow and stay healthy.

Encouraging your child to eat a variety of different fruits and vegetables will help them get the variety of vitamins and minerals they need.



It's recommended that children have **at least 5 different portions of fruit and vegetables a day** – a portion is roughly what will fit into your child's hand - as your child grows, so will their portion.

Ways to give your child 5 a day

- ✓ Try raw vegetable sticks as a snack or side dish.
- ✓ Children enjoy fruit as a snack.
- ✓ Add different vegetables to casseroles, pasta sauces and pizza toppings. Avoid 'hiding' vegetables as children will never learn to like them if they don't know that they are there.
- ✓ Stir-fried or roast vegetables (using a little oil) are usually popular with children.
- ✓ For healthy puddings, make a fruit salad by mixing chopped fruit together or make a milk pudding by mashing fruit with plain yoghurt or custard.
- ✓ Frozen and canned fruit and vegetables are quick, cheap and still healthy. Choose vegetables canned with no salt, and fruit canned in fruit juice.

Bread, cereal, rice, potatoes, pasta and other starchy foods

Starchy foods are the body's main source of energy, so aim to have them with every meal and some snacks. More examples of starchy foods are cereals, noodles, chapattis and yams.



Top Tips

- ✓ Try lots of different types of these starchy foods with your child – variety is great!
- ✓ Vary potatoes to keep them interesting – try baked, mashed or wedges. Involve your child by letting them add fillings to baked potatoes, or asking them to help mash potatoes.
- ✓ Including more wholemeal and granary bread adds variety and increases fibre to help digestion.
- ✓ Try different pasta shapes and colours.
- ✓ Having a high-fibre cereal for breakfast gives children energy to last all morning. Try Weetabix, malted wheats, porridge, Shreddies and muesli.
- ✓ Small servings of starchy foods make a good snack. Try plain popcorn, toast, bread sticks, crumpets, oatcakes, pancakes, rice cakes and scones.

Check sugar content of breakfast cereals, some are over 1/3 sugar!

Ideally choose cereals with up to 15g of sugar in 100g of cereal. A chart will give you this information on the packet.

You can also look at the traffic light labelling if the packet has this. Try to choose cereals with more greens than reds and ambers.

Energy	Fat	Saturates	Sugars	Salt
924 kJ 220 kcal	13g	5.9g	0.8g	0.7g
11%	19%	30%	<1%	12%

Beans, pulses, fish, eggs, meat and other protein foods

Protein is important for your child's growth. The best sources are meat, poultry, fish, eggs and beans and pulses.

It's recommended that children have at least 2 servings every day.



Top Tips

- ✓ Lean meat is best, try lean mince, meat with the fat cut off and chicken without the skin.
- ✓ Serve fish at least twice a week.
 - ✓ Include at least one serving of oily fish a week. Oily fish like tinned mackerel, sardines and pilchards are good for brain development and healthy hearts.
- ✓ Too much processed meat such as sausages, chicken nuggets, bacon and burgers isn't good for us but fine to have sometimes.
- ✓ Eggs are great and can be boiled, poached or scrambled and served with toast or in sandwiches.
- ✓ Lentils, chickpeas, beans and peas are also good sources of protein and can be added to lots of meals. Baked beans are a great protein source.
- ✓ Cold meat, canned tuna, pastes, hummus and peanut butter make great sandwich fillings

A note about iron

Foods that contain iron are important for your child and should be offered every day. Good sources of iron include:

- ✓ red meat, pork and chicken
- ✓ oily fish such as sardines, mackerel and salmon
- ✓ pulses and beans
- ✓ fortified breakfast cereals
- ✓ eggs
- ✓ partially dried figs, apricots and dates.

Iron is better absorbed when eaten with foods containing vitamin C. Oranges, tomatoes and fruits juice are very high in vitamin C.

Milk and dairy foods

Milk and dairy foods contain calcium for strong bones and teeth.

Three servings a day will give most children the calcium they need.

Four servings a day are needed by boys over 11 years.

One serving is:

$\frac{1}{3}$ pint of milk (200ml),

1oz (30g) cheese (about the size of a matchbox),

or a pot of yoghurt (120g).



Top Tips

- ✓ Use semi-skimmed milk (green top) – it has less fat but all the calcium, protein and other nutrients of whole milk.
- ✓ Milk on breakfast cereal and in sauces all help to make sure your child is getting enough.
- ✓ Cheese can be given as sandwich fillers, on toast or as a snack – grated cheese, cheese spreads or individual cheese portions are other options.
- ✓ Try low sugar yoghurt or fromage frais with fruit if you have pudding.
- ✓ If you use an alternative to cow's milk, make sure it is fortified with calcium and is unsweetened.

A note on vitamin D

Vitamin D helps to keep bones, teeth and muscles healthy.

In spring and summer people make vitamin D through sunlight on their skin. However, in the UK the sun isn't strong enough for the body to make vitamin D during autumn and winter.

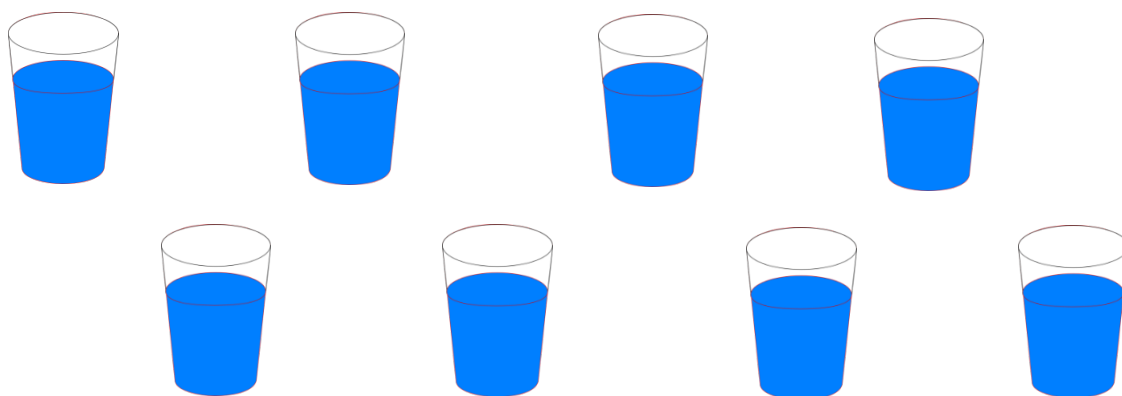
Everyone should consider taking a daily supplement containing 10mcg of vitamin D during autumn and winter months.

How much should my child drink?

Your child needs a drink at each meal and in-between too, so around 6-8 cups each day.

Top Tips

- ✓ Water and milk are the best drinks for children – they're safe for teeth.
- ✓ Unsweetened pure fruit juice can be given with meals – it is more likely to damage teeth if taken between meals.
- ✓ Diluted, sugar-free squash is better than sugary drinks. Fizzy drinks and sugary squash are high in sugar, so it's best to limit these.
- ✓ Drinking more to stay hydrated can help deal with common problems such as constipation, poor concentration and alertness.





Foods high in fat, sugar or salt

Foods such as cakes, pastries, biscuits, chocolate, crisps, sweets and fried foods contain very few nutrients. They are high in sugar, fat and often salt. Eating too many of these foods can lead to bad habits, health problems in the future and sugar can damage your child's teeth. It is best to limit these foods and only have them occasionally.

Top Tips

- ✓ Decide how often your family will have these foods, a small portion once a day can be part of a healthy balance.
- ✓ Limiting the amount of these foods you are bringing into the house will help the whole family eat more healthily.
- ✓ Work on reducing these foods as a whole family, limiting just one person will make them feel deprived and want these foods even more!
- ✓ There may be options lower in fat, sugar or salt you're your family still enjoy, for example baked crisps.
- ✓ Portion size is important, one portion is: 1 individual bag of crisps, 1 standard chocolate bar (40-50g), 2 chocolate biscuits.

Other snack ideas:

Try to include fruit or vegetables as part of any snack:

- ✓ Piece of fruit – apple, banana, tinned pineapple in juice, pear, satsuma, strawberries
- ✓ Oatcake with cream cheese and cucumber
- ✓ Carrot and pepper sticks
- ✓ Crumpet with sliced tomato
- ✓ Wholemeal toast with mashed banana
- ✓ Rice cakes with nut butter and cucumber
- ✓ Small bowl of cereal and milk

Moving more

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING

(5-18 Years)



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active



**Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday**

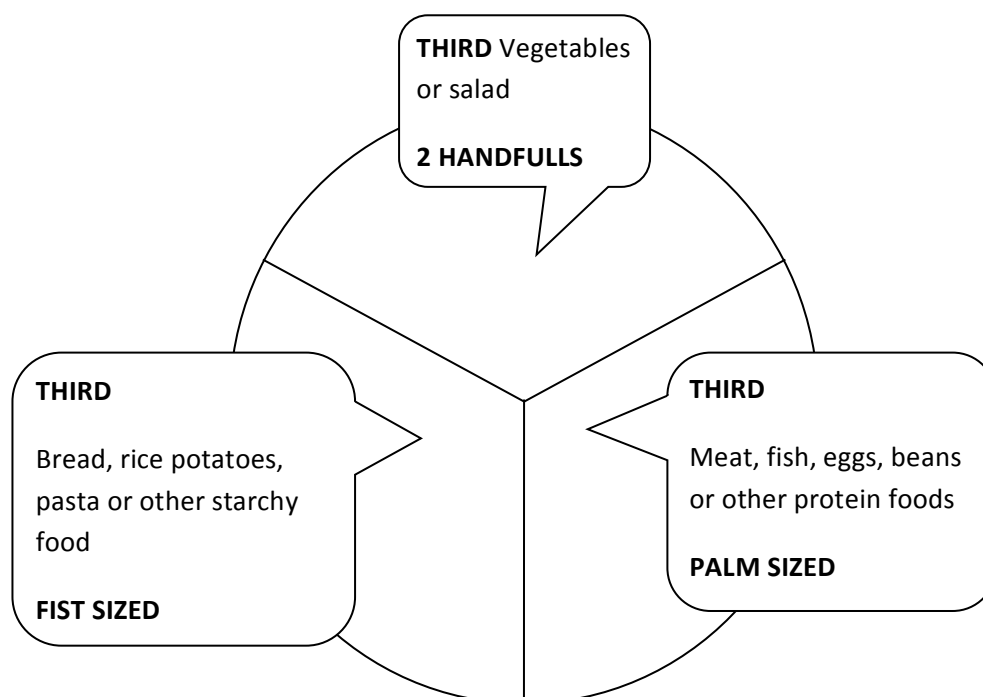
UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** www.bit.ly/startactive

If you're worried your child is putting on too much weight

- ✓ All children grow at different rates, however BMI centile is a reliable indicator.
- ✓ Think about ways you could try to limit the amount of fatty and sugary foods the family has.
- ✓ Think about ways your child could do more activity including fun things you can do together, for example, dancing, games in the park, online activity sessions, walking more.
- ✓ If your child has sugary drinks it's best to limit these. For children over the age of 2, changing from whole milk to semi-skimmed milk (green top) will help reduce their fat intake.
- ✓ It might also be worth reducing your child's portion sizes of meals and snacks.

Portion sizes

- ✓ It seems obvious but a 5 year old will need less than a 10 year old who will need less than an adult.
- ✓ Have some child sized plates and bowls for younger children. From about 12 years children can use adult sized plates, about 25cm across is a good size.
- ✓ Try to give a third of a plate of vegetables or salad, a third starchy food and a third protein food. You can use your child's hand size as a guide to portion size –



Mealtime Tips

- ✓ Have regular meals – aim for breakfast, lunch and an evening meal with a couple of planned snacks.
- ✓ Try to eat together as a family as often as possible to make mealtimes sociable and fun.
- ✓ Breakfast is really important – it gives the energy boost we all need in the morning and helps children to concentrate and learn at school.
- ✓ Try new foods every so often – children will try and get used to new foods if they see others enjoying them!
- ✓ Remember to limit salt and sugar in cooking – the whole family will benefit from having less.
- ✓ Children respond really well to praise, so when they eat their meal well or try new foods, tell them how well they've done.
- ✓ If your child hasn't eaten well, don't make a fuss. Take the plate away and don't offer an alternative. All children can be fussy at times.
- ✓ If you have pudding, choose a healthy option like low sugar yoghurt and fruit.

Ways we're going to eat better and move more

Making a note of the changes we plan to make can help us to remember them and to plan, here are some examples:

- ✓ Add carrots to spaghetti Bolognese
- ✓ Take vegetable sticks and a bottle of water when out and about.
- ✓ Have a family bike ride on Saturday.
- ✓ Try a new fruit next week.
- ✓ Find a dance video we all like and try out our dance moves together.



There's some space below for you to make a note of some of the changes you're thinking about:

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Choose 2 or 3 of these changes that you think are do-able:

- 1.
- 2.
- 3.

Tips on making changes

- ✓ If you've made the changes give your family **PRAISE!** You can think about choosing another change if you're ready.
- ✓ If you're struggling with the change don't worry, changing some habits can be hard – try to avoid arguing about food with the family. It's better to think about how you could make the change easier next time. Or you could try another change instead.
- ✓ Remember that as the adult you are responsible for what food you buy. If your family pester you for certain foods, try to explain calmly that you are all making changes for a healthier future!

Think about what you will need to help you make these changes and when you're ready give it a go!