

## The 8 tips for Healthy Eating:

1. **Base your meals on starchy foods: bread, potatoes, pasta, rice, noodles** - Choose whole grains such as granary or wholemeal bread, wholemeal pasta, brown rice and potatoes with the skin on where possible. These foods have more fibre, vitamins and minerals than white alternatives.
2. **Eat lots of fruit and vegetables** – Aim for 5 a day and choose a variety. Fresh, frozen and tinned all count towards your 5 a day.



3. **Eat more fish - aim for at least two portions per week and one of these should be oily – 1 portion is about 140g. Oily fish contains important Omega 3 oils and includes salmon, trout, mackerel and sardines. These can be tinned, fresh or frozen. Only fresh tuna contains omega 3 oils, but tinned is still a healthy option.**
4. **Cut down on saturated fat and sugar** - Although we need some fat in our diet, too much fat may lead to weight gain and could result in diabetes and heart disease. Replace high fat and sugar foods such as butter, lard, pastries, cream, cakes, biscuits, pies and cheese with vegetable oils, nuts, seeds, oily fish, avocados, fruits and vegetables. Too much sugar, especially between meals can increase the risk of tooth decay and weight gain.
5. **Eat less salt, adults should eat no more than 6 g per day and children should have even less** - A high salt intake is associated with an increased risk of developing high blood pressure which puts you at a greater risk of developing stroke or heart disease. Processed and packaged foods such as sausages, crisps and ready meals are often high in salt, so look out for low salt options and try to choose unprocessed and fresh foods including rice cakes, fruit and vegetables, fish and starchy foods.
6. **Get active and be a healthy weight – children should take part in physical activity for at least 60 minutes a day, every day. Adults are recommended to be active for 150 minutes a week (or 30 minutes five days a week). Try to be active as a family before and after school every day and at weekends. Being active could include walking, swimming or playing sports – anything that increases your heart rate, causes you to breathe more deeply and makes you feel warmer.**



7. **Drink plenty of water** – Water and milk are the healthiest options. Aim for 6-8 glasses of water a day and avoid sugary drinks like Capri Sun, Fruit Shoot and fizzy drinks. Staying hydrated helps with concentration, healthy skin and reduces headaches.
8. **Always eat breakfast – Breakfast is the most important meal of the day and provides energy and a range of nutrients which help your child to perform well at school and keep you and your child healthy.** Healthy options include low sugar cereals (Weetabix and Shredded Wheat), porridge, fruit, plain yoghurt and wholemeal toast.



