

Top tips to keep your family healthy and happy



Sugar



Swaps

Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.

Me-sized



Meals

Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.

Snack



Smart

Sugary snacks can all add up! Fruit and veg are a good snack choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.

Eating



Out

When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.

Get going



Every day

Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day. Try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.

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- Easy lunchbox ideas
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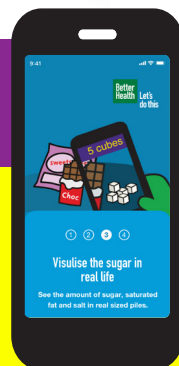


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Want to know what's really inside your food and drink?



See for yourself and download our FREE Food Scanner app to find healthier options. Use the 'traffic light' labels to choose more greens and ambers, and cut down on reds.



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