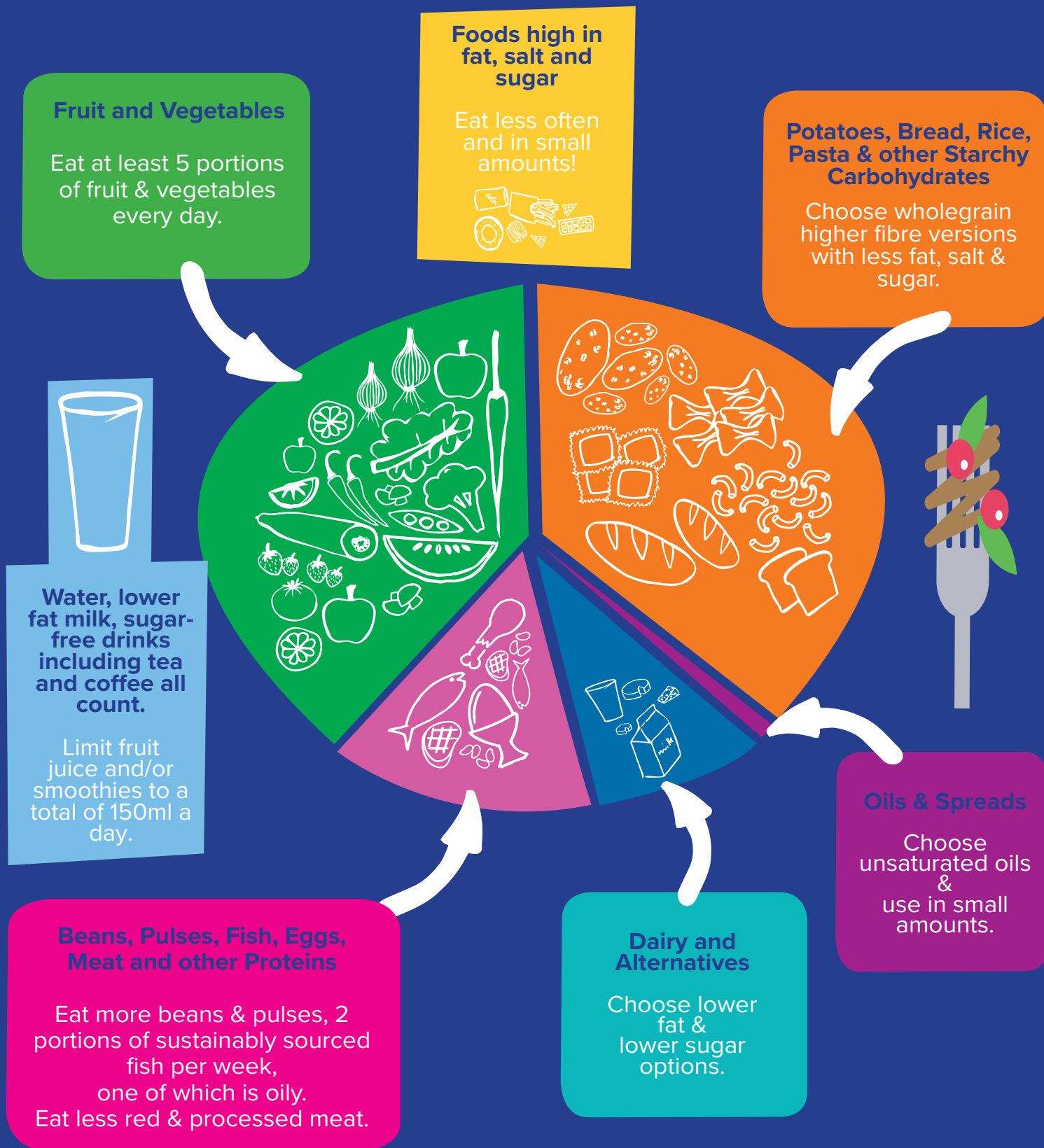


How Can You Support Your Family To Have A Healthy Weight?

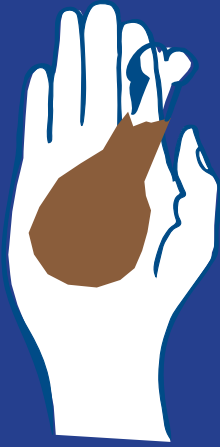
1. Follow The Eatwell Guide



Fun, Free holiday clubs & group programmes available

2. Use Our Simple Portion Guide ★

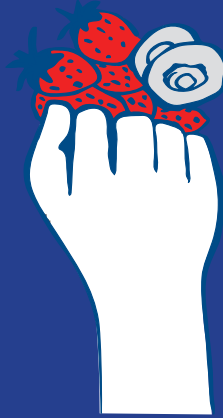
**Remember, an adult's hand will be bigger than a child's!*



Meat
(A Palm)



Vegetables
(Cupped
Hand)



Fruit, Rice,
Pasta,
Potatoes
(Fistful)



150ml Fruit
Juice Portion



3. Drink Lots Of Water

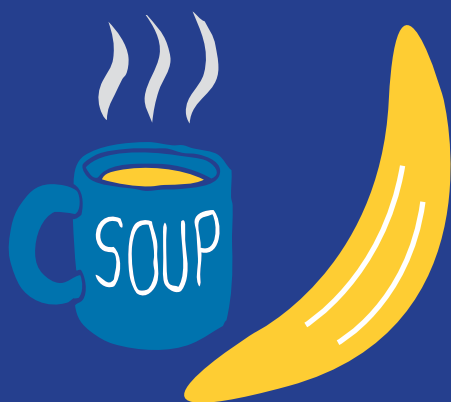
Water is a healthy and cheap choice for keeping you hydrated.

If you don't like the taste of plain water, try sparkling water, add a slice of lemon or lime or add some no-added-sugar squash

4. Prepare Meals In Advance

Whether you are cooking for one or for a large family, preparation is key in achieving a healthy weight, maintaining good nutrition and saving money.

Freeze leftovers or meals made in bulk and plan meals a week ahead.



5. Eat Regularly

Regular eating is very important.

We recommend 3 meals each day (breakfast, lunch and dinner) and 2 healthy snacks mid morning & mid afternoon.



6. Make Activity A Part Of Your Life



Children aged 5+ should do 60 mins of activity a day, toddlers should be physically active everyday for at least 180 mins & adults for 150 mins a week.

Why not start by limiting screen time and swapping it for a family stroll or bike ride?



Fun, Free holiday clubs & group programmes available

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GET fit
FOR
FREE

change
4 life
Eat well Move more Live longer

FREE support for the whole family, through our fun packed healthy lifestyle programmes and school holiday clubs!



★ Weekly 1 hour sessions for 10 weeks

★ Support & advice for parents to help families be fit and healthy

★ Fun physical activity sessions for kids & teens

OneLife Suffolk are the integrated healthy lifestyle service for the county.

Whether you want to lose weight, quit smoking or become more active, we can help!

Call: 01473 718193

Email: info@onelifesuffolk.co.uk

Visit: www.onelifesuffolk.co.uk



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