

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

## 1. Follow The Eatwell Guide

### Fruit and Vegetables

Eat at least 5 portions of fruit & vegetables every day.

### Foods high in fat, salt and sugar

Eat less often and in small amounts!



### Potatoes, Bread, Rice, Pasta & other Starchy Carbohydrates

Choose wholegrain higher fibre versions with less fat, salt & sugar.



Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.



### Beans, Pulses, Fish, Eggs, Meat and other Proteins

Eat more beans & pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red & processed meat.

### Dairy and Alternatives

Choose lower fat & lower sugar options.

### Oils & Spreads

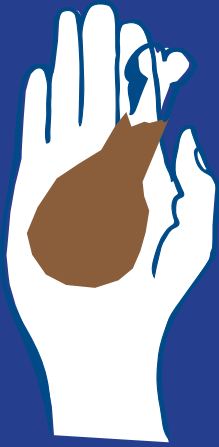
Choose unsaturated oils & use in small amounts.

Fun, Free holiday clubs & group programmes available

## 2. Use Our Simple Portion Guide



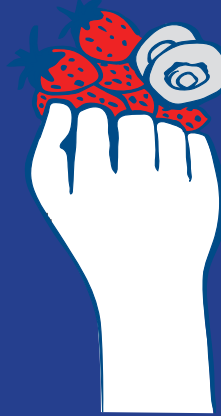
*\*Remember, an adult's hand will be bigger than a child's!*



**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

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## 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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Life  
Suffolk**

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FOR  
**FREE**

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

OneLife Suffolk are the integrated healthy lifestyle service for the county. Whether you want to lose weight, quit smoking or become more active, OneLife have the service for you!

**Call: 01473 718193**

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