



Building a Healthier Future...

with 8 simple top tips



Tip 1: Get children involved during cooking time, planning meals and food shopping.

Tip 2: Make breakfast a priority.

Tip 3: Get the portion and plate sizes right.

Tip 4: Encourage an active lifestyle; organise some healthy competitive sport games or simply go for a brisk walk after dinner.

Tip 5: Explain to children, why certain foods are good for them and why others are not.

Tip 6: Offer healthier alternatives to sugary snacks and drinks.
E.g. water, low fat milk.

Tip 7: Make regular meal times.

Tip 8: Implement whole grain and whole wheat options where possible.

