



# Helpful Hints for Healthy Children

# Helpful Hints for **Healthy Children**

Children who are overweight are more likely to be obese as adults and suffer from related health problems, they could also be affected by:

- Teasing or bullying
- Low self-esteem
- Embarrassment when playing games or sport
- Difficulty in being active

Even if your child is not overweight, it is still important that they eat healthily and take part in daily physical activity, habits established when young are more likely to be taken into adulthood.

As a parent you could use the fit of your child's clothes to monitor their weight, if their clothes are right for their height but are too tight around their waist they could be overweight. Most overweight children do not need to diet, aim to keep their weight steady to help them grow into it as they get taller.



## Healthy Eating

Your child needs a healthy balanced diet rich in fruit and vegetables and starchy foods.

### Get them into good habits:

- **Sit together as a family and eat together if you can**
- **Switch the television off when you are eating**
- **Eat healthy foods yourself and be positive about them**
- **Get the family to try new foods**
- **Encourage and praise good eating**
- **Involve children in food preparation**

### Top tips for you and your child

- **Eat breakfast: Gives you energy to function properly through the day**  
Ideas: Toast, cereal (choose wholegrain, low sugar varieties), boiled egg and toast, porridge, fruit smoothie, grilled bacon

- **Have at least five portions of fruit and vegetables every day: Needed for general good health and diseases prevention**

Ideas: Apple, bananas, box of raisins, vegetable sticks, handful of cherry tomatoes, slice of melon, orange juice

- **Get a good portion of starchy food with each meal: Provide energy**

Ideas: bread, rolls, breakfast cereal, potatoes, rice, pasta, bagels

- **Meat and Alternatives: Needed for healthy growth and iron**

Ideas: meat. Fish, eggs, lentils, beans and pulses

- **Milk & Dairy: Important for building strong bones**

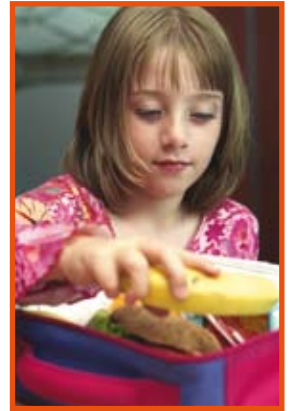
Ideas: milk, cheese, yogurt, custard

- **Drinks: Keep you hydrated throughout the day**

Ideas: milk and water are best

### Ideas for your child's lunch box

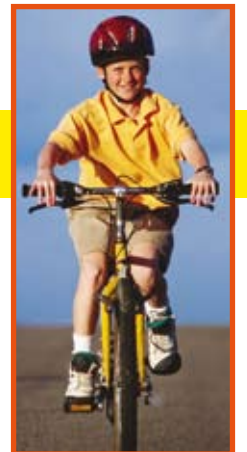
- For sandwich fillings try ham, cheese, marmite or tuna and sweetcorn
- Try to use a variety of breads including wholemeal, rolls, pitta or alternately you could have crackers, rice or pasta.
- Include a piece of fresh fruit such as pear, banana, apple or satsama or some dried fruit such as a small box of raisins alternatively you could add some vegetable sticks
- You could include a pot of yogurt, custard, rice pudding or fromage frais
- Include a drink such as water or milk
- Occasionally you could include a flapjack, fruit scone, tea cake, some cheesy biscuits or malt loaf.



For more information on healthy eating and lunch box ideas visit: [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

## Physical Activity

The recommended amount of physical activity for children is 1 hour a day of moderate intensity; this can be split into 15 or 20 minute sessions throughout the day. Try to encourage your child to participate in a variety of activities to help them to develop strong bones, muscle strength and flexibility.



Top tips to incorporate activity into your everyday life:

- Walk or cycle to school
- Skipping
- Hopscotch
- Make a kite together and fly it
- Hula hoop
- Kicking a football in the park
- Nature trails
- Obstacle courses
- Trips to the local playground
- Indoor soft play
- Fruit picking
- Hide and seek
- Playing Frisbee
- Trampolineing
- Dance to music
- Rounders
- Tag



For more information about physical activity in Torbay go to:

**[www.torbay.gov.uk/getthehealthygettactive.pdf](http://www.torbay.gov.uk/getthehealthygettactive.pdf)**

## Holiday Play Schemes and out of school activities

For more information contact

Early Years and Childcare Services **Tel 01803 207895**

For further information please contact:

Torbay Care Trust **[www.torbaycaretrust.nhs.uk](http://www.torbaycaretrust.nhs.uk)**

Torbay Care Trust Lifestyles Team **Tel: 01803 208840**

Torbay Care Trust - School Nurses

Torquay **Tel: 01803 389342**

Paignton **Tel: 01803 696774**

Brixham **Tel: 01803 853374**

Torbay Council **[www.torbay.gov.uk](http://www.torbay.gov.uk)**

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