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[www.livewellgreenwich.org.uk](http://www.livewellgreenwich.org.uk)  
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# top tips for top families!

Help your  
family eat well  
and move more  
with these handy  
top tips!



change  
4 life



We all want our children to be happy and healthy; and that also means looking after ourselves too. Eating well and moving more is a really important part of this but these days it's not always easy with our busy lives, fast food temptations and much more sitting down in our jobs, cars and in front of screens.

However, if you want to make some small changes for you and your family, this booklet has lots of tips, information and local activities to help you and your family get started.

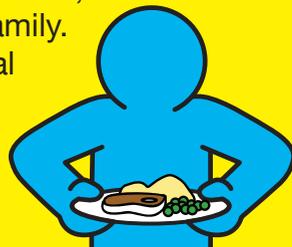
## eat well!

**Eating a healthy, balanced diet is important but doesn't have to be difficult, bland or expensive.**

Eating well can help you all be a healthy weight, have lots of energy, feel good and have fun together. Plus it can be really yummy!

The **Change4Life** website and apps have lots of tips and easy snack and mealtime recipes for tasty, affordable, healthy eating that you can have fun with as a family. Making just a few small changes can make a real difference to you and your family's health.

Try following some of the tips below as often as you can and you'll soon feel the benefits.



### Sugar swaps

Kids are having nearly three times more sugar than they should, which can be harmful to their bodies and teeth.

Half of this sugar comes from soft drinks and unhealthy snacks, so try switching to lower sugar versions of: drinks (such as water or milk); snacks (such as fruit, unsalted nuts or toast); desserts (like plain yoghurt and fruit) and plain cereals to help you and the kids eat less sugar.



### Cut back fat

Make a simple change like buying lower fat versions of milk, yoghurt, cheese (for kids over 2), and leaner mince or skinless chicken. Try swapping snacks that are high in fat such as crisps and chocolate for healthy and fresh alternatives like breadsticks, carrot sticks, apple wedges or rice cakes. Changing the way you cook slightly – cutting off fat from meat and grilling instead of frying is a great idea too.



### Watch the salt

Try not to add salt when you're cooking and taste your food before you do – it may taste great without! Adding spices can also give your food lots of flavour. Try to go easy on things like sausages and ham, pizzas and crisps and sauces like ketchup and mayonnaise which can also be high in salt, sugar and sometimes fat.



### 5 a day

Getting 5 portions of fruit and veg a day is easier than you think - one kid's portion size works out roughly as a child's handful of fruit or veg. Nearly all fruit and veg, whether it's fresh, dried, frozen, tinned or canned counts towards your **5-A-DAY**. So do beans and pulses (things like lentils and kidney beans).

Visit **Change4Life** for **5-A-DAY** top tips, including what counts as a portion, money saving methods, understanding food labels, as well as recipe, shopping smart and meal planning ideas.



### Change4Life Food Scanner app

This app helps you find out how much sugar, saturated fat and salt there is in thousands of popular products, making healthier choices fun and easy. Try it out now!

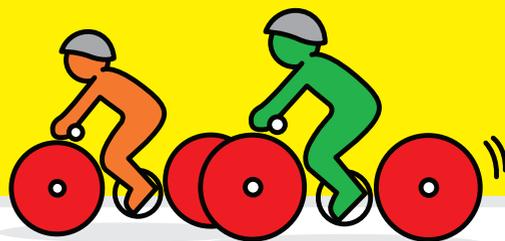
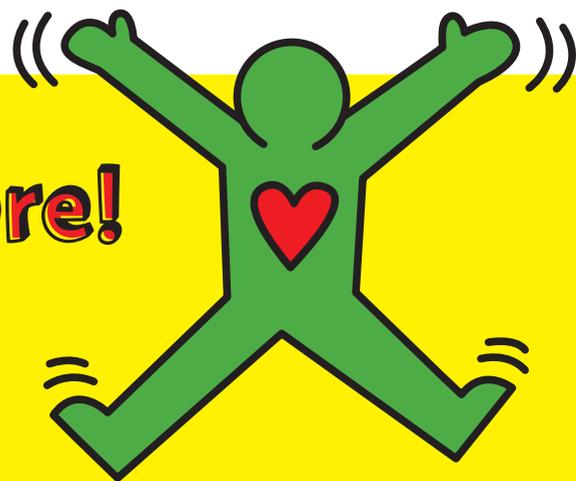


# move more!

Being active is great for keeping you and your family healthy, fit and feeling good.

Moving more can help everyone be a healthy weight and sleep better. For kids, being active can develop their co-ordination and strength, behaviour, self-confidence and social skills, as well as attention levels and performance, at school.

Being active can be relaxing for you and a great way of having fun as a family.



## Have fun! Be inspired!

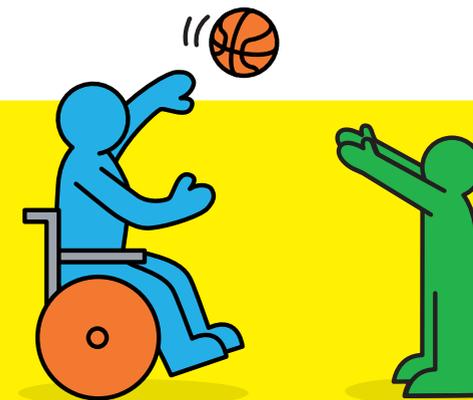
The **Change4Life** website also has over 100 games and activities for kids to have fun if you need some inspiration – try the **Fun Generator** to get some ideas for indoors or outdoors, rain or shine!



## Get going every day!

Being active means getting your heart rate up and feeling warmer. It can seem hard to fit activity into everyday life, but there are loads of ways to get going and **every 10 active minutes counts**. Doing something is better than nothing, but the more you do, the more you benefit. Aim towards getting your heart rate up for 10 minutes or more, 3 times a day and you'll be meeting the recommended weekly target for adults.

**Kids under 5** once walking need **3 hours of activity a day** and **kids aged 5-16** need **an hour's activity** a day that gets their heart beating faster than usual.



Although this might sound a lot, all active play (like jumping, catching, climbing) inside and outside counts. As do activities like dancing, biking, walking etc. Playing with your child also means you spend fun time together and gets you moving more too!

Everyday chores like cleaning the car, walking the dog or gardening can be made fun and active too if the whole family joins in! Another easy way to fit activity into all of your days is walking or cycling instead of driving or taking the bus.

**Good for your pocket and the environment!**



# healthy bump, healthy baby.

## Baby can tell when mum eats well

Eating healthily while you're pregnant means that your baby eats healthily too. In the past, it was thought that you needed to eat for two during pregnancy, but now we know that you only need to eat for you.

**Eating a variety of foods will help your baby to get the range of nutrients that it needs to develop and be healthy.**

Things like 5 portions of fruit or veg a day, starchy foods (such as wholegrain bread, potatoes, wholegrain cereals, brown rice and pasta), protein like meat, fish, eggs, pulses and nuts and dairy products including milk, cheese and yoghurt are all important for a balanced diet during pregnancy.



## Super Supplements - Vitamin D and Folic acid during pregnancy

Sometimes it can be hard to make sure you get all the vitamins and nutrients you need for a healthy pregnancy. But along with eating a healthy diet, vitamin D and other supplements like folic acid can do the trick. It's recommended that you take folic acid for the first 12 weeks of pregnancy and vitamin D throughout the whole pregnancy, as they are important to help the growth of your baby's bone and brain development.

All pregnant women in Greenwich receive **Healthy Start Vitamins** from their midwife. For further supplies, you need to have kids under four and receive certain benefits. The **Healthy Start Scheme** also gives you free vouchers every week worth £3.10 (per child) to spend on milk, fruit, veg and infant formula and coupons for more free vitamins. Don't forget you can use your vouchers at Woolwich Market and Children's Centres fruit and veg stalls.

Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) for more information.



## This bump is made for walking

Just **20-30 minutes** of gentle activity a day is great for baby and you. Being active during pregnancy means you're likely to stay a healthier weight and be able to cope better with the physical demands of pregnancy and labour.

Walking more is a really easy and free way to get your 20-30 minutes of activity in a day and if you fancy a change why not try swimming, aqua-natal classes, yoga or gentle dance classes?



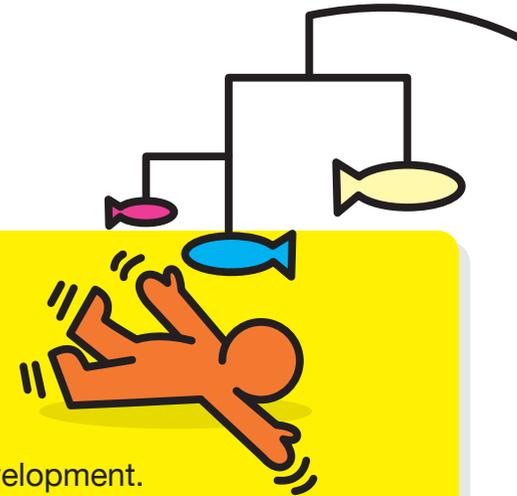
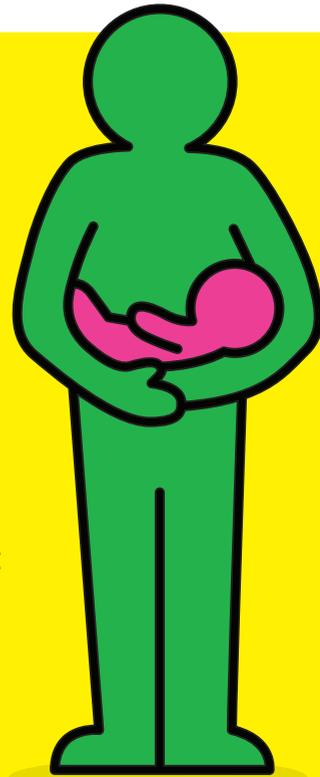
# off to the best start!

## Mum's milk

Mum's milk gives your baby all the nutrients they need for around the first six months of life (and it's important beyond six months too).

It helps to protect your baby from infection and other diseases and also reduces your chances of some illnesses in later life.

Breastfeeding helps you and your baby to develop a close and loving relationship, saves you money, (it's free whereas formula feeding can cost up to £45 each month) and can help you to lose your pregnancy weight by burning up to 500 extra calories daily.



## Baby moves

Being active takes brain and muscle power so it plays an important part in your baby's development.

Even tiny babies can be active! Putting them on their tummies to play (but not to sleep) means they will learn to roll over and crawl and playing with them helps them make new movements and explore their surroundings.

Also make sure they have enough space to kick their legs as they love to wiggle about when they lie down!

## Start4Life

Visit **Start4Life** for more healthy tips and advice for pregnant women, new mums and dads-to-be.

You can also sign up there for the '**Information Service for Parents**' for free texts, emails and 'how to' videos throughout your pregnancy and as your baby grows.





## There's lots of local help to eat more healthily if you need a hand.

Free healthy cookery clubs, fruit and veg stalls and more are available across the borough. Visit [www.livewellgreenwich.org.uk/eatwell](http://www.livewellgreenwich.org.uk/eatwell) or call 0800 470 4831 to find out more.

[www.goodfoodingreenwich.org](http://www.goodfoodingreenwich.org) encourages people to sign up and make a pledge to grow, sell and cook healthy, environmentally-friendly food. It can help anyone living or working in Greenwich transform the borough into a great place for good food.

## Interested in growing your own food?

There are spaces to volunteer across the borough. Find out more at [www.goodfoodingreenwich.org.uk](http://www.goodfoodingreenwich.org.uk)

### Look out for good places to eat.

The **Healthier Catering Commitment** encourages food outlets in London to make small changes in the way they prepare and serve their food, such as using less salt, reducing the fat content and offering smaller portion sizes.

**Sugar Smart** is a simple pledge scheme that encourages local organisations to raise awareness of the effects of sugar and unhealthy eating and help people reduce the amount of sugar they eat and drink.

Look out for these logos when you're out and about to help you choose healthy and delicious places to eat.



## Healthy Start for mums and mums-to-be.

If you're pregnant or have children under age four and receive certain benefits, or you're under 18 and pregnant, you qualify for **Healthy Start** - a scheme where you get free vouchers every week to spend on milk, fruit and veg, infant formula and vitamins.



Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) for more information. Don't forget you can use your vouchers at Woolwich Market and Children's Centres fruit and veg stalls.

## Local Children's Centres

If you are pregnant, a new mum or have very young children, your local **Children's Centre** is a brilliant resource for support with staying healthy as a family. Many of the centres run classes around healthy cooking/eating and activity sessions like exercise classes or guided walks around the area.

**Breastfeeding drop-ins** are also available if you need further support and information. You can find your local children's centre or more information about feeding your baby on **Live Well Greenwich** - just search *Children's Centre* or *feeding your baby*.



## Greenwich Get Active

If you want some help getting active and staying active **Greenwich Get Active** can connect you with a wide range of free and affordable activities happening nearby.

There really is something for everyone, whatever your age or ability, including family activities. Free, friendly one-to-one help to get active and stay active is available for up to a year.

Visit [www.greenwichgetactive.com](http://www.greenwichgetactive.com), text **ACTIVE** to 60066 or call 0800 096 5436 for more information, help and to search local activities near you!



[www.livewellgreenwich.org.uk/movemore](http://www.livewellgreenwich.org.uk/movemore) also has great tips on the benefits of being active including walking and cycling as part of your daily routine.

