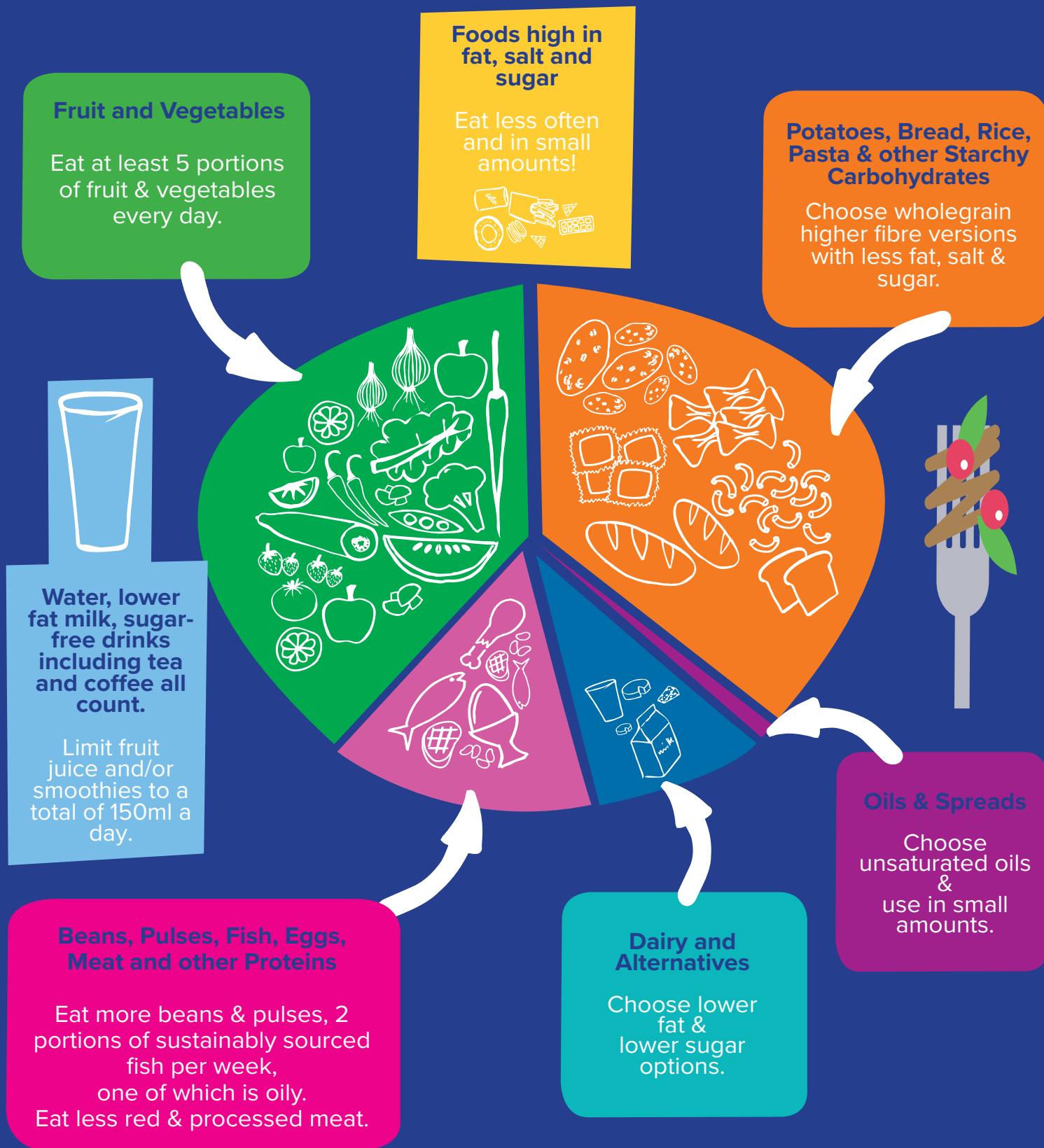


# How Can You Support Your Family To Have A Healthy Weight?

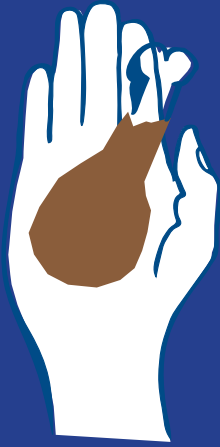
## 1. Follow The Eatwell Guide



Fun, Free holiday clubs & group programmes available

## 2. Use Our Simple Portion Guide ★

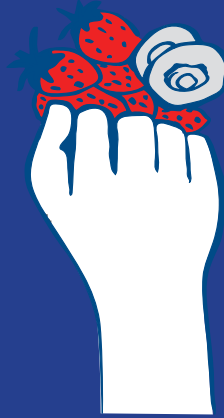
*\*Remember, an adult's hand will be bigger than a child's!*



Meat  
(A Palm)



Vegetables  
(Cupped  
Hand)



Fruit, Rice,  
Pasta,  
Potatoes  
(Fistful)



150ml Fruit  
Juice Portion



## 3. Drink Lots Of Water

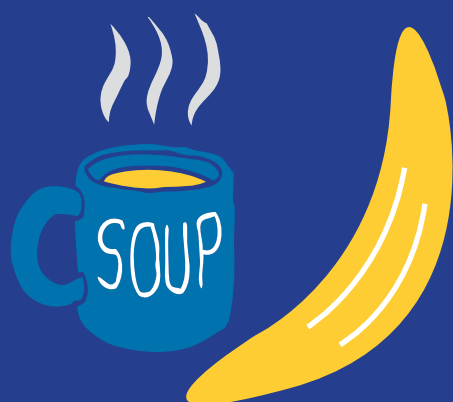
Water is a healthy and cheap choice for keeping you hydrated.

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*

**One  
Life  
Suffolk**

**One  
Life  
Suffolk**

**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](mailto:info@onelifesuffolk.co.uk)**

**Visit: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**



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