

## Healthy school lunches

## Healthy eating and keeping active

# Healthy family food



Use a variety of breads.



Try new fillings.



Include fruit and vegetables every day!

Be active every day.



Healthy eating and regular physical activity help to keep you a healthy weight...

...and protect your family from diabetes, heart disease and other illnesses.



# Healthy food

*Eat a variety of foods each day .....*



- lots of colourful vegetables and fruit



- some breads and cereals or starchy vegetables



- some milk and milk products



- a small serving of meat (eg, chicken, fish, lamb) or a meat alternative (eg, lentils, chick peas, dried beans).

# Healthy snacks



*Offer children healthy snacks between meals.*



*These foods and drinks make healthy snacks.*



*These foods contain lots of fat, sugar and salt. Avoid them – or eat only occasionally.*

# Healthy drinks



*Milk or water is the best drink for children.*



*Healthy drinks.*



*These drinks contain lots of sugar. Try to avoid them.*