

Winter Healthy Living Advice for families

Print
me and stick
me on your
fridge

12 Days of Christmas Challenge!

1

Make a list of fun active things you can do indoors, if the weather is bad, then pick something you can do each day of the holidays. Here are some ideas: www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/

2

Santa's elves get a full night's sleep so they have lots of energy to make new toys. Go to bed early and get at least 8-10 hours of sleep each night.

3

Decorate your plate with the colour of Christmas - add lots of green and red vegetables - and try and have 5 different fruit and veg a day.

4

Try and include some healthy snacks during the festive season (there are some ideas on page 3)

5

Wrap up warm, grab a torch and take a family walk to look at Christmas lights in your area together.

6

Swap your cheese and crackers for some wholegrain crackers and low fat soft cheese

7

Plan for Christmas TV specials! Set a goal to watch TV no more than 2 hours a day!

10

'Tis the season for satsumas, clementines apples and pears, try and fill up on these sweet goodies instead of chocolate and mince pies!

11

Mrs Claus always makes a healthy breakfast for Santa. Start your day with a healthy breakfast - try and add a portion of fruit or vegetables first thing too.

8

Keep your teeth extra happy this holiday and remember to brush them twice a day

9

Go on the Change 4 Life (www.nhs.uk/healthier-families/activities/10-minute-shake-up) website and try out some 10 minute shake up games today!

12

The elves keep warm at the North Pole by being active for 60 minutes every day. Be like an elf and get moving!

How much sugar?

Be sugar smart

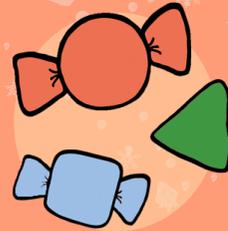
Eating too much sugar can lead to weight gain and can also cause tooth decay.

The type of sugars most adults and children in the UK eat too much of are "free sugars". These are:

- Any sugars added to food or drinks: including sugars in biscuits, chocolate, flavoured yogurts, breakfast cereals and fizzy drinks.
- Sugars in honey, syrups, fruit juices, and smoothies. The sugars in these foods occur naturally but still count as free sugars.
- Adults should have no more than 30g of free sugars a day, (about 7 sugar cubes)
- Children aged 7 -10 should have no more than 24g a day (6 sugar cubes).
- Children aged 4 - 6 should have no more than 19g a day (5 sugar cubes).
- There's no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added.



How much sugar is in these festive snacks?



**3 Festive Chocolates =
3 cubes of sugar**



**1 Mince Pie =
5 cubes of sugar**



**1 Can of Cola =
9 cubes of sugar**



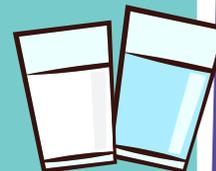
DRINKS

Plain tap water is the best option, especially for teeth.

Drinking enough each day helps keep your body working well and your skin looking healthy!

So try and cut down on drinking fizzy drinks over the festive period.

Milk is good too, with calcium for helping build strong teeth and bones.

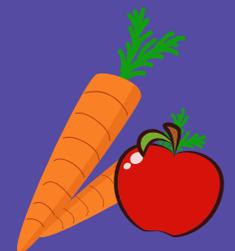


Increasing your family's 5 a day...

5 A Day – Food Facts – Healthier Families - NHS (www.nhs.uk/healthier-families/food-facts/5-a-day/) simplyveg.org.uk/

Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults. Try and add some fruit or veg to every meal to try and get to 5 portions of different ones each day.

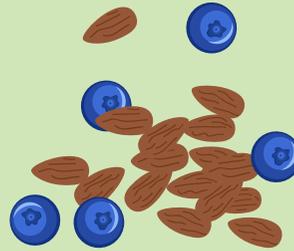
Don't forget portions of frozen and tinned vegetable and fruit (in juice not syrup) still count as one of your 5 a day and are often cheaper and simpler to prepare.



Christmas Snacks!

- Try and get the healthier versions of crisps like cheese puffs and baked crisps.
- Don't give in to the tempting supermarket offers which can leave you stocked up with unhealthy foods for days after! Buy just what you need and then there's no further temptation afterwards.
- Swap salted and roasted nuts for natural nuts, or nut and fruit mixes.

[Healthier food swaps - Food facts - Healthier Families - NHS \(www.nhs.uk/healthier-families/food-facts/healthier-food-swaps \)](http://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps)



Portion Sizes

Remember

- Good sources of healthy protein include tinned fish, eggs, nuts, lean meat such as chicken, tinned pulses like beans and lentils
- Dairy – for **very** young children full fat is best for milk, yogurts etc
- Starchy foods include potatoes, pasta, rice and bread. Wholegrain versions have more **fibre** and help keep you fuller for longer eg wholewheat pasta and brown rice or wholemeal bread

Measuring portion size for adults

- 2 handfuls of dried pasta shapes, rice or grains (75g)
- A bunch of spaghetti about the size of a £1 coin (75g)
- the amount of cooked pasta or rice that would fit in two hands held together (180g)
- A baked potato about the size of your fist (220g)
- 3 handfuls of breakfast cereal (40g)
- A piece of grilled chicken about size of your whole hand (120g)
- A piece of cheddar cheese about the size of two thumbs together (30g)
- About 1 tablespoon of peanut butter (20g)

Portion Size for children 'me size meals'

- Children under 11 should be eating smaller portions than adults.
- 1 handful is a portion for children – their size handful – of fruit, veg and 2 handfuls for pasta.

Family Recipe Ideas... Leftover Turkey Soup

Cook time: 20 - 25mins

Serves 4

Shopping list...

- 2 Cups leftover turkey
- 1 Tablespoon olive oil
- ½ Cup chopped onion
- 2 Stalks of celery
- 1 Chopped carrot
- 1 pint vegetable stock (use a low salt stock cube)

Step 1: Heat the oil in large saucepan on medium heat

Step 2: Add onions, carrots and celery, cook for 3-5 minutes or until crisp-tender, stirring occasionally

Step 3: Add water and vegetable stock and bring to boil

Step 4: Add the turkey and cover, Simmer on medium – low heat for 15 minutes or until tender



You could also use left over chicken from Sunday roast or go veggie and make it without meat.

For other healthy family recipe ideas go to: healthyschoolsnorthyorks.org/healthy-food and [Recipes - Healthier Families - NHS \(www.nhs.uk/healthier-families/recipes \)](http://www.nhs.uk/healthier-families/recipes)

Help with the cost of living - Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food

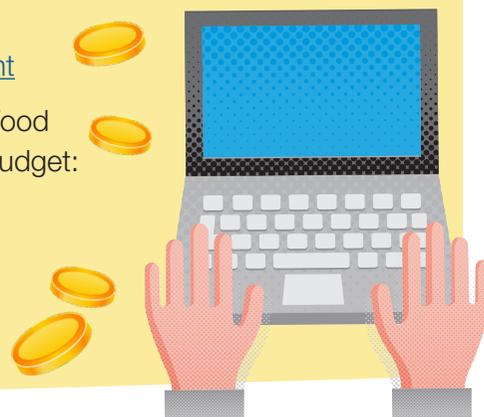
nhs.uk/live-well/healthy-weight/childrens-weight

And some information on saving money, local food banks, financial support and eating well on a budget:

healthyschoolsnorthyorks.org/costsaving

For cost of living advice access

www.northyorks.gov.uk/community-and-volunteering/cost-living-support



Healthy Start Scheme

With the @NHSHealthyStart scheme, you could be entitled to weekly support towards:

- Vegetables
- Milk
- Pulses
- Fruit
- Infant formula milk
- Healthy Start vitamins

Could you be eligible? If you or your partner receive benefits and are currently expecting, or have a child under 4, you may be entitled to a weekly allowance to help buy healthy foods.

If you are eligible to apply you will receive your prepaid card. You could get £4.25 per week to help buy healthy food and milk for your child.

Find out and apply online today: www.healthystart.nhs.uk

School dinners are best!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. Every infant child (Reception, KS1) is entitled to a **FREE** school lunch.

Also, **FREE school meals** for all age groups are provided to families who receive qualifying incomes such as income support and universal credit.

Ask your school office how to order yours.

More information is available from **your school's website**

or the **North Yorkshire Council website**

www.northyorks.gov.uk/education-and-learning/free-school-meals

