



GETTING THE BALANCE

Build activity
into your daily
life



Limit high
sugar drinks.
Choose water
or milk



Check your
portion sizes

Hands are a good
way to judge a
healthy portion for
you



Rice, pasta,
potatoes, bread

Use positive
language about
food and the way
we look



Food is yummy
and delicious

GETTING THE RIGHT BALANCE

- Being active and eating the right amount of food is important for our health
- Eating all the food groups in the right amounts helps our bodies work well
- We should all enjoy and use positive language around food
- Don't use negative words about the way we look

Scan the QR code for
healthy food swaps





Getting the Balance

WHAT ARE CALORIES?

- Calories are energy in foods or drink
- Foods and drinks give your body energy to work and grow
- Energy is used for breathing, keeping your heart beating
- We use energy for things like walking, jumping, and running



FOOD AND DRINKS

=

ENERGY IN

The energy you need depends on:

- Your age
- Boys need more than girls
- How active you are



ACTIVITY

=

ENERGY OUT

Children should be active for 60minutes per day

Adults should be active for 150minutes per week

Scan / [click here](#) for activities for all the family



SCAN ME

GETTING THE RIGHT BALANCE

- Eat a variety of foods - ideally whole foods
- Chose foods with less than 5 ingredients
- Build activity into your normal day e.g. walking to school or work
- Limit high sugar drinks
- Have foods high calories in small amounts

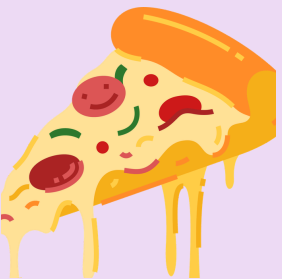
HIGH ENERGY FOODS ARE HARDER TO BALANCE



You need to walk for 30 minutes to use the energy in a packet of crisps.



A large slice of pizza has the same energy that is used in 1.5 hours of walking





Getting the Balance

Following a healthy lifestyle is about getting the right types of food and drinks, in amounts that are right for our bodies and lifestyles



Scan the QR code or [click here](#) to see portion sizes for toddlers and 4 year olds. Links to the Infant and Toddler Forum

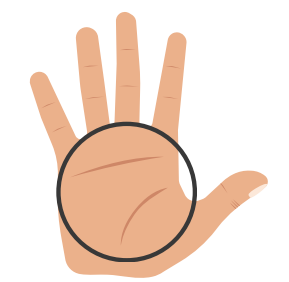


SCAN ME

PORTIONS PER DAY				
	Starch: potatoes, rice, bread, pasta	Fruit and Veg	Dairy: Milk, yoghurts, cheese	Protein Foods: Beans, pulses, eggs, meat, fish, chicken
Children	5	5 or more	3	2 3 if vegetarian
Adults	3-4	5 or more	2-3	2-3 3 if vegetarian



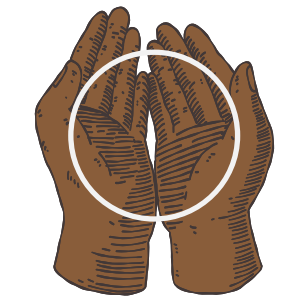
A HANDY PORTION SIZE GUIDE



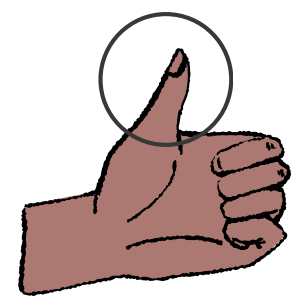
Meat, chicken, oily fish, beans



Rice, pasta, potatoes, bread



Vegetables



Butter, oil, nut butters, sugar,



Scan the QR code or [click here](#) to see the portion sizes for young people and adults. Links to the British Heart Foundation



Getting the Balance

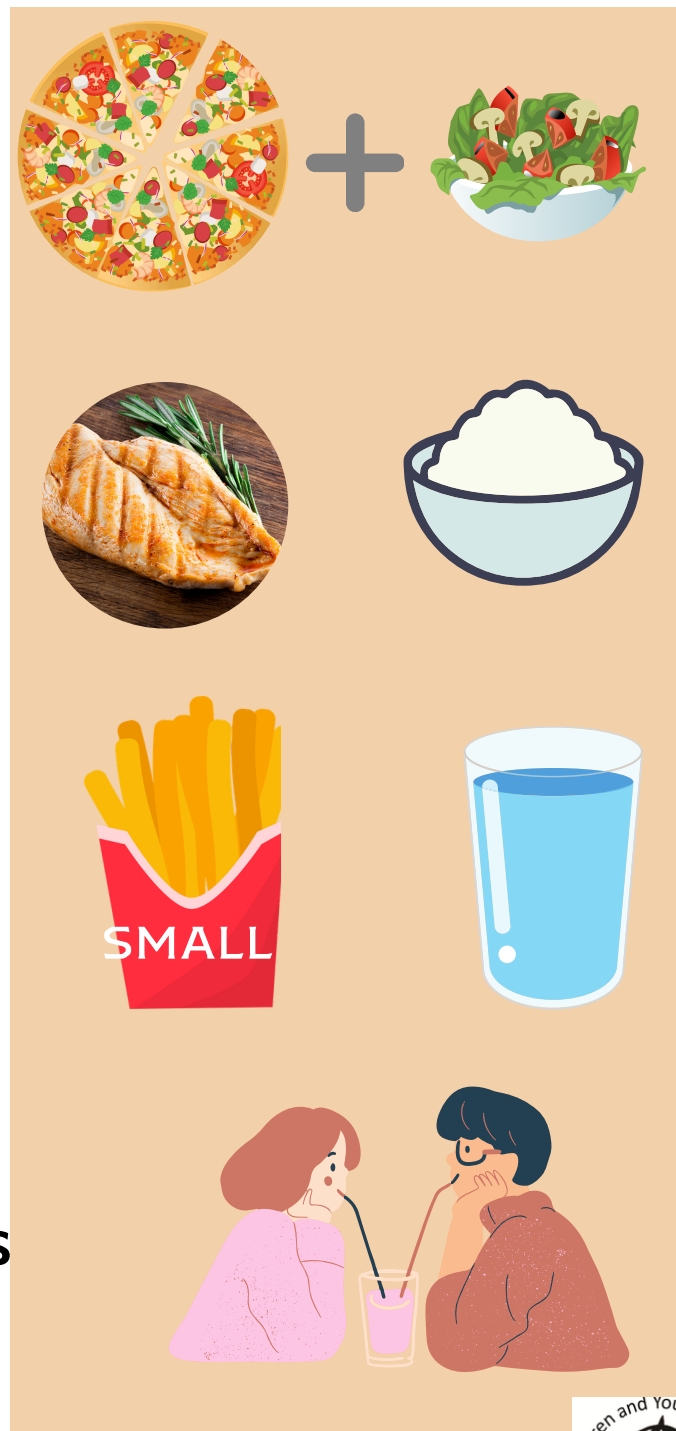
FOOD SWAPS TO BALANCE ENERGY INTAKE

 +  → Choose salad or veg instead of chips or bread


  → Try baking, grilling or boiling instead of frying

  → Choose regular or small portions when eating out say no to larger portions

 → Share your meals or deserts with loved ones or friends



GETTING THE BALANCE WHEN TALKING ABOUT FOOD

- Avoid dieting talk
- Bodies can be different shapes and sizes
- Food is not "good" or "bad". Try saying "everyday" or "sometimes" foods 
- If talking about food is a hard, meals are no longer fun or are stressful - speak to your health care team for support

Scan the QR code for guidance on how to talk about weight →



← Scan the QR code or click for more food swaps



SCAN ME