Hints and Tips

The Eat well plate makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods people need for a healthy and well balanced diet.

Eating a healthy, balanced diet is an important part of maintaining good health.

# Eat lots of fruit 5 a day

# Eat more fish

# Eat less salt

# Cut back food and drink high in fat and sugar

# Drink plenty of water

# Don’t skip breakfast

**Oral Health 1 Reduce the frequency of sugary foods and drinks to less than 3 or 4**

**Times a day**

**2 Brush teeth with fluoride toothpaste, particular before bedroom**

**3 Children UNDER 7 years old be supervised when brushing their teeth**

**4 A pea sized blob of toothpaste is needed: just a smear of toothpaste for very young children**

**5 Spit Don’t Rinse**

 **6 Visit the dentist at least once a year:**



**Have you seen the new TV advert on Sugar Swaps!**

Change 4 Life is helping families cut back on SUGAR SWAPS with a free sugar swap pack, including a sugar swaps guide, money-off vouchers & more

* Sign up and make sure you don’t miss out on your fabulous free pack
* Pick a swap that will help you cut down on the sugar your family eats
* To reduce the amount of sugar you & your kids eat throughout the day

You can log on at: <https://sugarswaps.change4life.co.uk>