

5 QUICK TIPS FOR HEALTHY KIDS

1. Choose tap water as a drink

Drinks such as cordial, soft drinks and juices can be **high in sugar and kilojoules** and should not be consumed every day



2. Eat fewer snacks and select healthier alternatives

Replace potato crisps, biscuits and chocolates with healthy alternatives such as: **fruits, vegetables, reduced fat dairy* products and wholemeal cereal-based snacks**



3. Eat more fruit and vegetables

Fruit and vegies are a great source of **vitamins, minerals and dietary fibre** to help young children grow and develop



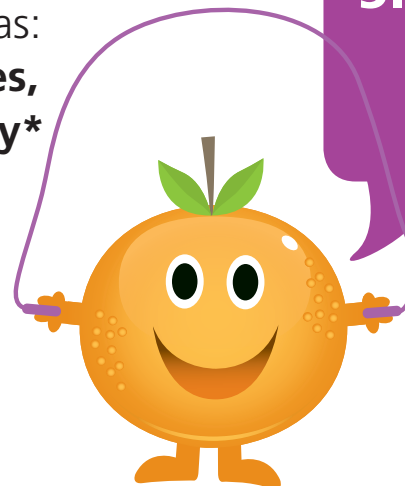
4. Get active for an hour or more each day

Physical activity is vital for healthy **growth and development**



5. Turn off the TV or computer and GET ACTIVE

Try to **limit** TV and computer time to **no more than 2 hours** per day



* Reduced fat milk is only recommended for children over 2 years of age.

This brochure has been based on the Munch & Move message – For more information visit: www.healthykids.nsw.gov.au
CATALOGUE NO. 08397



NORTHERN SYDNEY
CENTRAL COAST
NSW HEALTH

PUTTING IT INTO PRACTICE

1 Choose tap water as a drink

Make water easily available:

- Have cold water in the fridge
- Serve water with meals
- Take a bottle of water with you when going out
- Always send a bottle of water with your child to school/pre-school

Make drinking water fun

- Use colourful or novelty straws
- Add ice cubes or a slice of lime/lemon
- Give your child their own novelty drink bottle
- Set an example by drinking water yourself

2 Eat fewer snacks and select healthier alternatives

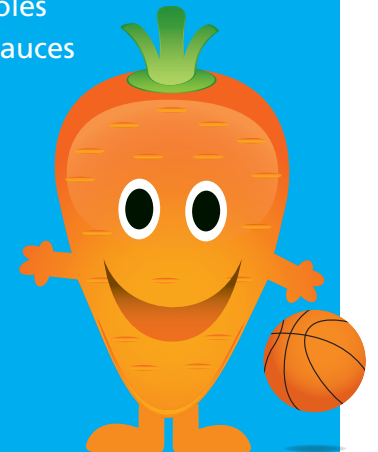
Have structured meal times where possible so that the whole family can sit together and enjoy the food. This will help to prevent between meal snacking and high fat, salt or sugar meal selections made in a hurry.

Try to avoid buying unhealthy snacks on a regular basis. Children will tend to snack on what's available to them so try to stock the fridge and pantry with healthy snacks instead

3 Eat more fruit and vegetables

Try to include vegetables in as many meals as possible, in a variety of ways. Examples include:

- Stir fry
- Soups
- Sandwiches
- Casseroles
- Omelettes
- Pasta sauces
- With low fat dips
- Get children involved in shopping, cooking and menu planning
- Grow a vegie garden at home
- In summer, freeze fruit on a skewer as a snack



4 Get active for an hour or more each day

- Set aside some time every day for the family to be active
- Walk or ride bikes instead of using the car for small trips
- Walk the dog, garden, rollerblade, or go bushwalking
- Keep balls, bats, frisbees and skipping ropes handy
- Put on some music and move



5 Turn off the television or computer and GET ACTIVE

Try to reduce recreational screen time by:

- Once per week have a screen free night
- Encourage children to stretch or be active after 'screen time'
- Find active indoor and outdoor alternatives
- Know how many hours per day your children watch a screen
- Make sure children's bedrooms are screen free
- Swap recreational screen time with active time
- Limit screen time to no more than 2 hours per day