

Top tips to keep your family healthy and happy



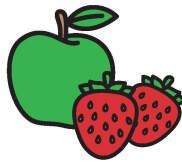
<p>Sugar</p> <p>Swaps</p>	<p>Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.</p>	<p>Me-sized</p> <p>Meals</p>	<p>Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.</p>
<p>Snack</p> <p>Smart</p>	<p>Sugary snacks can all add up! Fruit and veg are a good snack choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.</p>	<p>Eating</p> <p>Out</p>	<p>When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.</p>
<p>Get going</p> <p>Every day</p>	<p>Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day. Try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.</p>		

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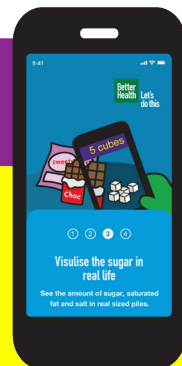


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Want to know what's really inside
your food and drink?



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