



Healthy Lifestyle Tips



to help your child achieve a healthier weight

Cheers for 3 Meals!

Aim for 3 meals a day. Enjoying meals together with no distractions helps children learn healthy eating habits.

Starch Smart!

Use your child's fist size to guide portions of starchy foods like potatoes, rice, pasta, or couscous.

Protein Power!

Use your child's palm size to guide portions of beans, pulses, meat, fish, and eggs. Choose lean meats. Avoid frying.



Fruit and veg are packed full of goodness.

Eat 5 portions a day. Fill up half the plate with colourful veg - fresh, frozen, or tinned.

Stay Hydrated!

Drink 6-8 glasses of water a day. More on hot days or if you're doing lots.

Sweet, Fatty, and Salty Limits!

Limit confectionary, biscuits, cakes, sugary drinks and crisps

Move It, Move It!

Limit TV and screens. The more you move, the better you groove. Aim for 60 minutes of fun activity each day. Find activities your child loves.



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