

### Eat more fresh and less processed

- Processed foods often contain added sugar, salt and fat. Try to eat foods in their most natural form as these often have the most nutritional value.
- Search 'Five ways to eat less processed foods' at <u>heartfoundation.org.nz</u> for tips on eating less processed foods.







# Enjoy a wide variety of food

At each meal, aim to serve:

- Vegetables
- Proteins like meat, fish, tofu, poultry or beans
- Starchy vegetables/grains like sweet potatoes or rice
- A fat source like olive oil, nuts or avocado

Expose kids to a wide variety of foods to help them build healthy eating habits.







## Make water your drink of choice

- Soft drinks, flavoured milk, sports drinks, cordial and even fruit juice can have a lot of added sugar.
- Encourage children to choose water instead. Drinking 6-8 cups of water a day is essential for a healthy body.

Search 'Tips for drinking more water' at healthyliving.nsw.gov.au







# **Get active as a family!**

- Spending time together as a family being active is a great way to have fun and build your kids' confidence.
- Make small changes to your family's lifestyle to increase physical activity and improve general health and wellbeing.

Visit: <u>healthyliving.nsw.gov.au/active-families</u> for active family tips.







## **Choose Veggies for Crunch&Sip**

- Only one in sixteen children eat the recommended daily serves of vegetables.
- Primary school children need 4.5-5 serves of veggies each day which equates to 1 cup of raw vegies or ½ cup of cooked veggies.

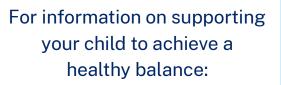
Search 'crunch-on-vegetables' at <u>crunchandsip.com.au</u> for tips.





# Signs of too much screen time

- Headaches and eye strain
- Not enough sleep
- Obsession with devices and online games
- Withdrawal from friends and social groups



Look for 'Screen Time' under the parents tab at

www.esafety.gov.au





## Get a good night's sleep

- Children aged 5-13 years require 9 to 11 hours of sleep a night.
- Good sleep is linked to better performance in school and sport, and can help children improve moods, self-esteem and reduce anxiety.
- For information and tips to help your child get more sleep, visit <u>healthyliving.nsw.gov.au/sleep</u>





# Let's Go4Fun!

GO4 Fin

- Join the FREE 10-week program to learn healthy lifestyle skills, build self-esteem and have fun!
- Term 4, 2023 programs coming to Hornsby and Chatswood

To register visit go4fun.com.au/register or call 1800 780 900.







Regular dental checks help to prevent tooth decay, tooth cavities, gum disease and other oral diseases.

Search 'free dental' at <u>www.nslhd.health.nsw.gov.au</u> for more information on the free service.



