



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 heartfoundation.org.nz 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: healthyliving.nsw.gov.au/active-families 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 crunchandsip.com.au 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

For information on supporting your child to achieve a healthy balance:

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 healthyliving.nsw.gov.au/sleep





Let's Go4Fun!

- 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.





Free Dental Service

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

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

