

# LITTLE STEPS

*...to eating well*





This practical guide can help you and your family take the first steps to a healthier life today.

[www.littlesteps.eu](http://www.littlesteps.eu)

## Start the day the right way

Breakfast is important because it comes after a long break overnight without food. It sets you up for the rest of the day. Get the best start by making smart choices.

 Swap sugar-coated cereals for non-sugar-coated cereals

 Swap a spoonful of sugar on your cereal for chopped fruit

### Swap this

Sugar-coated cereals



### For this

Bowl of corn flakes and a glass of orange juice




### Better still this

Small bowl of porridge with fresh fruit and a glass of orange juice



## Choose fresh more often than processed

Processed foods like fast foods and many snack foods often contain more fat, salt and sugar. Try to choose fresh foods more often than processed by using leaner cuts of meat and including more fruit and vegetables with your meal.

 Swap processed meats like burgers, sausage for lean meats like beef, lamb and chicken

### Swap this

Ready meals/fast foods



### For this

Medium white roll with breaded chicken



### Better still this

Medium white roll with plain chicken fillet and salad



## Choose 5-a-day everyday

Fruit and vegetables provide many vitamins and minerals needed for a healthy life. They taste great too!

Buy fruits and vegetables when in season – they're cheaper or alternatively buy them tinned or frozen. Frozen vegetables are processed at their peak of freshness so are a good alternative to fresh fruit and veg.

There are lots of easy ways to eat more fruit and vegetables.



Swap sweet snacks like chocolate/biscuits for some fruit



Swap meat for more vegetables in your curries, stews and casseroles

### Swap this

White bread meat sandwich and large chocolate bar



### For this

Brown bread meat sandwich, piece of fruit and snack size chocolate bar



### Better still this

Brown bread meat and salad sandwich, piece of fruit and low fat yoghurt.



## Cut down the fat

Cutting down on small amounts of fat from your diet can have big benefits for your health. Choosing low fat options whenever you can, trimming the fat off meat and limiting snacks are little steps to eating healthy.



Swap full fat milk and yoghurts for low fat varieties. *Low fat(semi-skinned) milk is not suitable for children under two years, and very low-fat (skimmed) milk should not be given to children under five years*



Swap frying food for baking, grilling or roasting

### Swap this

Battered fish, chips and portion of beans



### For this

Fish fillet, beans, and chips



### Better still this

Swap chips for wedges and add more veg



# Know portion size matters

Eating more than the body needs can happen easily. Cutting down on portion sizes and the amount of treats you eat is one little step to eating well.

You and the children don't have to always empty the plate – eat until you feel full, and encourage children to at least try one of every type of food on their plate!



Swap large plates for smaller plates



Swap king size or standard size chocolate, biscuits and crisps packs for snack sizes instead

## Swap this

Crisps (45g bag)



## For this

Crisps (25g bag)



## Better still this

Small bowl of pop corn



# Drink up

It is important that you take in enough fluids during the day. If you do not drink enough, you may become dehydrated, thirsty, tired and weak. Water and milk are the most suitable drinks between meals.

Encourage your children to choose healthier drinks. For younger children you can make healthier drinks fun by using straws, brightly coloured bottles and different types of glasses. *Low fat (semi-skimmed) milk is not suitable for children under two years, and very low-fat (skimmed) milk should not be given to children under five years.*

See our table for the low down on suitable drinks.

DRINK	TOOTH FRIENDLY	
Water	Best choice anytime	
Milk (semi-skimmed/low fat preferably)	Good choice anytime	
Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)	At mealtimes	
Flavoured milk*	At mealtimes	
Diluted sugar-free squash	At mealtimes	
Yogurt or milk drinks*	At mealtimes	
Smoothies*	At mealtimes	
Fruit juice drink (unsweetened)	At mealtimes	
Fruit juice drink (sweetened)	Not tooth friendly	
Fizzy drinks (including diet versions)	Not tooth friendly	



# LITTLE STEPS

*...to being active*




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## Do short bursts – every little helps

Getting active doesn't have to take a lot of time or money. Children need to be active for at least 60 minutes a day, adults need to be active for at least 30 minutes 5 or more days a week. Try to take a little exercise everyday to get started. Even ten minutes at a time counts towards your 30 minutes a day.

 Swap getting the bus all the way home for getting off 2 stops early and walking the rest of the way

 Swap walking slowly for walking briskly

### Swap this

Getting the bus all the way to work



### For this

Getting off 2 stops early and walking the rest of the way



### Better still this

Walk all the way to work



## Get moving

How many hours a day do we all spend sitting down? By reducing the amount of time you spend watching TV/DVD or surfing the internet you will create more opportunities in the day to become active.

 Swap time spent on computer games for active games or play computer games where you are active

 Swap time spent in front of the TV for active games

### Swap this

Sitting in front of the TV for the afternoon



### For this

Limit TV to 1 hr a day – Go outside have fun and play



### Better still this

Limit TV to 1 hr a day at weekends – Make an activity plan

SATURDAY	SUNDAY
AM - Wash the car	AM - Walk around to Sue's house
PM - Family trip to the park	PM - Take the family out on the bikes

## Make it part of the routine

There are lots of different ways to get more active. Choose something you can do as a family together. Think about family walks, teaching the children to cycle, going to the park or joining in local activities. Remember, all activity counts, even house work.



Swap trips to the cinema for a trip to the park



Swap going to the car wash for giving the car a wash

### Swap this

Playing computer games



### For this

Playing with a football or hula hoop



### Better still this

Family trips to the park



## Bring the right gear

Don't let windy or rainy weather put you off, make sure you have coats, hats and proper footwear for great walks. Why not bring a frisbie with you to the park for a fun family game.



Swap staying indoors during bad weather for playing outdoors - just remember to dress for the weather!



Swap staying in work during lunch for a 20 minute walk

### Swap this

Staying indoors on bad weather days



### For this

Use household chores as a fitness class or take the family on a trip to an indoor playground



### Better still this

Go for a walk with your children when they are out on their bikes





# Involve your friends and family

Getting active boosts the 'happy hormones' so get going! Pick an activity you will enjoy and why not get your friends to join in?



Swap driving to the local shop for a walk with family or friends



Swap the escalator or lift for the stairs next time you visit your local shopping centre

## Swap this

Sitting talking on the phone



## For this

Walk to a friend's house for a chat



## Better still this

Go for a walk with friends



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Why not visit the Little Steps website for more practical tips and advice for everyday life.

Our children learn all about how to live from watching the adults in their lives. If we eat well and are active, chances are they'll grow up to do the same.

Making small changes to what your family eats and how active you are will have a big impact on your family's health.



HPM00622