It's important for kids to have regular, proper meals as they may miss out on essential nutrients otherwise.

Tip: Don’t let your kids skip breakfast – low sugar cereals, toast or fruit are a great way to kick-start their day.

Swapping sugary snacks and drinks for ones that are lower in sugar can really make a difference to your kids’ calorie intake.

Tip: Switch from sugary drinks to no added sugar drinks such as water, milk, unsweetened fruit juice or even sugar-free fizzy drinks.

Even though they’re growing, kids need to eat the right amount for their age – not too little and not too much.

Tip: Give your kids a portion that matches their age, not the same amount of food as you.

It’s easier than you think to give your kids five portions of fruit and veg every day. For kids, one portion is roughly a handful.

Tip: Frozen and canned fruit and veg count too – it’s quick and cheap to boil some frozen peas or open a can of sweetcorn.

We all know that too much fat is bad for us, but it’s not always easy to tell where it’s lurking.

Tip: Grilling or baking food in the oven, rather than frying it, can cut the fat content by about a half.

For lots more ideas and tips to help your kids stay fit and healthy, sign up to Change4Life today.

Search for change4life or call 0300 123 4567*

*Calls to 03 numbers should cost no more than geographical 01 or 02 UK-wide calls, and may be part of inclusive minutes subject to your provider and your call package. Our offices are open from 9am to 8pm every day.