RU Ready 2 Change?

Making changes for a Healthy Lifestyle
BREAKFAST

Always start the day with breakfast. If you miss breakfast you might be hungry later in the morning and eat chocolate, crisps and biscuits.

Suggestions to start the day

- Cereals, e.g. Weetabix, Shreddies, Cornflakes, Ready brek. Add semi-skimmed milk, some fruit or drink fruit juice
- Slice of toast e.g. wholemeal, granary, Mighty White with low fat spread, and baked beans, scrambled egg, or thinly spread with jam or Marmite
- Banana or handful of raisins and glass of semi skimmed milk or small glass of fruit juice
- A piece of fruit, cereal bar and glass of semi skimmed milk
- Breakfast milk shake - 200ml semi skimmed milk blended together with fruit and low fat yoghurt
PACKED LUNCH OR SNACK MEAL

Choose one food from each section.

- Sandwich, pitta bread, roll, wrap, bread sticks filled with:
  - Tuna, ham, grated cheese, low fat cream cheese, Marmite, peanut butter, chicken, egg

- Add salad, cucumber or tomatoes, carrot sticks

- Fruit or low fat yoghurt or reduced sugar jelly or custard

- Choose ONE of the following - not more than twice a week
  - Currant bun, Malt loaf, Crisps, 2 finger Kitkat, Penguin, Club, Cereal bar, Fun sized chocolate bar, Mousse e.g. Rolo, Milky Bar mousse

- Drinks - Water, sugar free or diet drink

School Meals - What shall I choose?

Look at the choices with your child. Suggest they try:
- Jacket potato with baked beans (and salad)
- Soup and sandwich
- Pasta and bolognese sauce
- Pizza and salad
- Curry and rice
- Dessert - Fruit, yoghurt, jelly or ice cream

Drinks
- Water, Sugar free squash,
  - Diet drinks,
  - Milk

Try not to have
- Second helpings
MAIN MEAL

Try to fill your plate with more vegetables and starchy foods. Have two vegetables for variety in the meal.

Examples
- Fishfingers, grilled oven chips and peas
- Chicken dinosaurs, carrots and jacket potato
- Shepherds pie with sweetcorn and green beans
- Pasta & sausages in tomato sauce
- Chicken casserole, rice and broccoli
- Vegetable curry, rice and salad

Puddings
- Fruit salad
- Sugar free jelly
- Reduced sugar whip, custard or blancmange
- Yoghurts - very low fat or 'lite' yoghurts

Remember
- Grill or bake foods rather than fry
- Choose sugar free alternatives e.g. no added sugar squash
- Choose low fat alternatives e.g. low fat yoghurts
- Spread butter and margarine thinly
- Use oil sparingly
**Cool Snacks**

- Fruit
- Small handful of raisins or dried fruit
- Cereal bar
- Plain pop corn
- 1 or 2 plain biscuits
- Slice of toast
- Small bowl of cereal with semi skimmed milk
- Rice cakes or crispbreads
- Low fat fromage frais or low fat yoghurt

**Limit snacks to breaktime, after school or supper time rather than snacking all day.**

**Only eat if you are truly hungry and not just bored.**

**Have a small snack and enjoy your next meal.**
WHY CHANGE?

Being overweight is not fun. Here are some benefits of controlling your weight.

- Keeps you healthy
- Enjoy sport more
- Make it easier to find trendy clothes
- Reduce teasing

Things to consider

- You cannot do this on your own
- You will need help of family and friends
- To get good results it is a good idea for all the family to make changes together

"Being fit helps you to feel good."
WHAT TO CHANGE?
To grow and stay healthy you and your family need a balanced diet. This includes choosing food from four groups.

1. Base meals on STARCHY FOODS – these are foods such as bread, potatoes, rice, chapattis, pasta, noodles and breakfast cereals.

2. Include FRUIT AND VEGETABLES at every meal. Aim for a total of 5 portions a day.

3. Have LOW FAT DAIRY PRODUCTS e.g. semi skimmed milk, low fat yoghurts or fromage frais or low fat cheese. Try to include these three times a day.

4. Choose LEAN MEAT, FISH, EGGS OR PULSES (e.g. baked beans, dahl or lentils) at two meals a day.

ACTIVITY CHART

Do something active EVERY DAY

- Try to do at least 20 minutes of green activity
- Work towards 60 minutes of green and amber activities
- Agree on a limit of time spent on red activities

**Green (Very active)**
Playing outside - football, skipping, dancing, swimming, cycling.

**Amber (Moderately active)**
Walking to school, cleaning your room, washing car, getting off bus one stop earlier.

**Red (Non active)**
Spending time on the computer/play station, watching TV.

Try to spend more time on green and amber and less on red.