

# Healthy Eating & Lifestyle

**Faris Badani**  
School Nurse

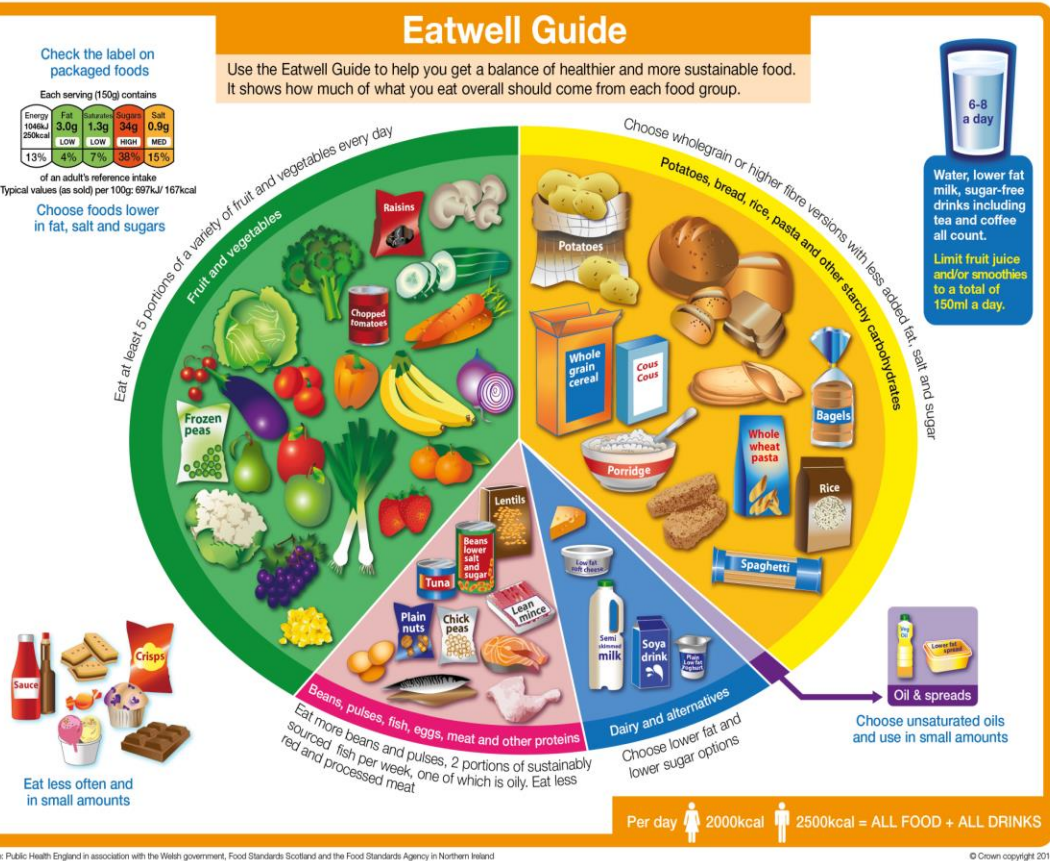
## Why does it matter?

### Reception

Over 1 in 5 were measured as obese or overweight in 2019/20 in Westminster. 9.8% of children were obese.

### Year 6

Over 1 in 3 children were measured as obese or overweight in 2019/20 in Westminster. 25% of children were obese.



## Fruits and vegetables

- ❖ Fruits and Vegetables provide us with vitamin C, folate and potassium. These are important for cell growth and nerve signals within the body
- ❖ They are rich in fibre which is important for a healthy digestive system.
- ❖ You should be eating at least 5 portions of fruit and vegetables per day

## Carbohydrates

- ❖ Carbohydrates are very important in giving us energy!
- ❖ They are packed with vitamins and minerals, such as iron and Vitamin B
- ❖ Carbohydrates are often rich in fibre which is important in keeping our immune system healthy

## Dairy and Alternatives

- ❖ Dairy contains calcium which helps our bones and teeth to develop.
- ❖ Dairy contains protein which is important for muscle growth and repair!

## Protein

- ❖ Protein is important for building and repairing body tissue
- ❖ Protein contains vitamins which support brain development
- ❖ Fish is an extremely beneficial protein for your brain – aim for two portions of oily fish per week!
- ❖ It is not just animal products which provide protein – nuts and legumes are also great!

## Fats and Sugars

- ❖ A small amount of unsaturated fat is an essential part of a healthy, balanced diet. Fat helps the body absorb vitamins A, D and E.
- ❖ Foods high in saturated fats and sugar can lead to obesity, high blood pressure and type 2 diabetes – this could put your heart at risk!

## What are the benefits of eating a healthy breakfast?

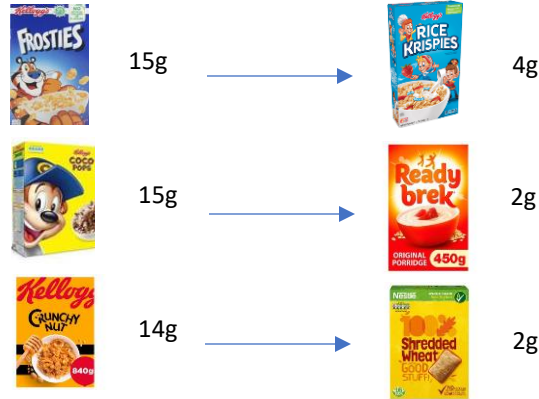
- ❖ A good breakfast fuels you up and gets you ready for the day. It will help to kick-start your metabolism, converting food into energy
- ❖ Eating a good breakfast can also help to keep your child's weight in check
- ❖ Studies have also shown that children who eat breakfast tend to eat healthier overall
- ❖ Low blood sugar levels have been linked to poor memory, concentration and learning, so raising blood sugar levels early in the morning will help the body to function more effectively throughout the day.
- ❖ Providing children with breakfasts that are rich in fibre, whole grains, and protein can help to boost their attention span, concentration, and memory

### Me-size Meals

- ❖ A child's required number of calories varies based on age and level of activity
- ❖ Their stomachs are considerably smaller than ours and as such they cannot eat the same sized meals
- ❖ Try to use smaller plates and bowls suitable for children
- ❖ Remember that most pre-packaged snacks are for sharing and/or are sized for adults.



## Healthy Breakfast Swaps (grams of sugar)



## Portion Size For Children (Using THEIR hands)



### Snack Swaps

- ❖ Fresh fruit
- ❖ Malted loaves and fruit bread instead of biscuits and cereal bars
- ❖ Low fat yogurt
- ❖ Homemade plain popcorn or rice or corn cakes instead of crisps
- ❖ Pepper, carrot or celery sticks and low fat dip or low fat cream cheese
- ❖ Pitta bread or rice cakes and low fat dips or low fat cream cheese

## A word about sugar

- ❖ Children are having over 2 times more sugar than they should!
- ❖ How much is too much?
- ❖ 4 to 6 years should be having no more than 5 cubes a day (19g)
- ❖ 7 to 10 years – 6 cubes (24g)
- ❖ 11+ years – 7 cubes (30g)



## How can we incorporate a healthy breakfast in our diet?

- ❖ Allow 15 minutes extra every morning for breakfast. Talk to your child about eating healthy breakfast. Make breakfast a priority as it has a direct impact on your child's health and learning
- ❖ If you are running late, you can always have toast, bagel or banana on your way to school. Avoid buying high sugar options like donut and muffins.
- ❖ You can mix high sugar cereal with low sugar ones to try and wean off your child from eating high sugar cereals

## Lunchboxes

- Should be based on starchy carbs e.g. pasta, rice, bread to children fuller for longer – choose wholegrain where possible
- Include some protein e.g. low-fat yogurt, cheese, lean meat, fish or pulses
- Add veg such as raw veg sticks or cherry tomatoes with low fat dip and add salad to Sandwiches
- Pack bite-sized fruits such as satsuma segments, grapes and berries



## Water Is Always Better

- ❖ Drinking water helps maintain the balance of body fluids.
- ❖ Water has no calories.
- ❖ Keeps us hydrated. Brain consists 90% of water.
- ❖ Water helps energize muscles. Muscle consists of 73% water.
- ❖ Regulates body temperature.
- ❖ Bone consists of 22% water. Water protects and moistures our joints
- ❖ Water helps keep skin looking good.
- ❖ Water helps your kidneys get rid of toxins.
- ❖ Water helps maintain normal bowel function.



## Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



## Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



## Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



## Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



## Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



## Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



## Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



## Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

## Fussy Eating

- ❖ Where possible maintain routine mealtimes.
- ❖ Meal times do not need to be focused on food- try to eat meals together as a family to model good eating behaviours and spend time together.
- ❖ Invite friends around for tea for the same reasons.
- ❖ Children may only eat a small amount of something but praise them for trying .
- ❖ Limit snacks between meals to encourage appetite.
- ❖ Texture can be a challenge - try presenting food in different forms e.g. cooked or raw carrot, baked or mashed potato.
- ❖ Encourage children to get involved with cooking.

## Food Labels

- ❖ You'll find traffic light labels on most food and drink, usually on the front of the pack. These labels use red, amber and green colour coding to help us understand what's inside our food so we can make healthier choices when shopping.
- ❖ Food labels, also called nutrition labels, show how much sugar, sat fat and salt are inside what we're buying. When it comes to reading food labels, a good rule of thumb is to go for more greens and ambers, and cut down on reds.

## Don't forget to move!

- ❖ Children aged 5 and over need to be active for **60 minutes** everyday in order to burn extra calories and to promote bone health, strength and flexibility.
- ❖ Adults need to be active for at least **150 minutes** a week



- Try making small changes such as walking or cycling and taking the stairs where possible
- Visit: <https://www.nhs.uk/healthier-families/activities/> for more ideas on becoming more active

## Where to get help.

**Kensington and Chelsea and Westminster (KCW) School Health Service** provides specialist nursing care, advice and support to school-age children and their families with a focus on:

- ❖ Staying healthy
- ❖ Emotional and mental health
- ❖ Weight management
- ❖ Sexual health
- ❖ Drugs and alcohol-related problems
- ❖ Stopping smoking.

Contact us by telephone on 020 3317 4460 or ask your school to send us a referral.

## Did you know...

Often there are lots of hidden sugars in your favourite drinks! For example, one bottle of coke has 13.5 sugar cubes in and a large glass of orange juice could have around 7.5.

However a child between 6-10 should be having no more than 6 sugar cubes a day in total !



Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop!

<https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>



## What type of exercises ?

We need to be doing a mixture of moderate activity and energetic activity.

### Moderate activity:

Walking to school or walking the dog  
Playing in the playground  
Helping with cleaning or gardening

### Energetic activity:

Swimming  
Running  
Gymnastics  
Football



## Change4Life

- ❖ Would you or your family like to be healthier and happier?
- ❖ Would you like loads of ideas, recipes and games to help you do this?
- ❖ Then you already know why you should join Change4Life.

Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families.

<https://www.nhs.uk/change4life>

