

# Nutrition

## Key Messages

### The Eatwell Guide

- Helps you eat a healthy, balanced diet by showing you the proportions of the different food groups you should consume.
- The Eatwell Guide **does not apply to children under two**, due to their different nutritional requirements. However, between the ages of two and five, children should gradually start to eat the same foods as the rest of the family and move towards compliance with the Eatwell Guide.

### 5 a day

- Fruit and vegetables are part of a healthy balanced diet and are a good source of vitamins and minerals.
- Aim to eat 5 portions of a variety of fruit and vegetables each day, think of a rainbow.
- An adult portion is 80g, however, the portion for children is roughly the amount they can fit in their hand.
- Try adding chopped fruit to cereal for breakfast, cucumber and tomato to sandwiches and have salad or vegetables with their main meal.
- Look out for fruit and vegetables that are in season, it can be cheaper.

### Portion Size

- Portion sizes have got bigger for everyone over recent years, simply swapping for a smaller size plate will reduce your portion size.
- Remember children don't need adult portions. Think about "me size meals" and use plates and cutlery that match their size to give age appropriate portions.
- Don't pressure kids to eat all the food on their plate, allow them to stop eating when they feel they have had enough.
- Look at the proportions of food you offer during the day and roughly aim for:- one third fruit and vegetables, one third starchy foods like bread and potatoes and one third dairy (yoghurt, milk, cheese) and protein (beans, pulses, meat and fish).

### Healthy swaps

- Swap high fat and sugar snacks to healthier options such as fruit, diet yogurts, vegetable sticks with lower fat dips, or rice cakes with low fat cream cheese.
- Having fruit and vegetables as a snack can fill them up and will also contribute towards their 5-a-day.
- If the kids say they are hungry offer them something nutritious like fruit or vegetables and avoid having fatty and sugary snack foods freely available between and after meals.



# Nutrition

## General tips

- Check your labels - they are the best way of checking what you're eating as they can tell you what's hidden inside the food.
- Eat a little slower - it takes time for our brains to register we are full, so try to eat more slowly.
- Focus on food - eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.
- Aim to feel satisfied, not stuffed.
- Start the day with a healthy breakfast.
- Plan ahead - for lunches and dinners, you will find that you buy less food and therefore may also save money.

## Signposting

Websites (Information)	App's & Resources
Northern Ireland Obesity Campaign Website <a href="http://www.choosetolivebetter.com">www.choosetolivebetter.com</a>	<a href="http://www.choosetolivebetter.com">www.choosetolivebetter.com</a> Recipe ideas (Downloadable)
Safefood NI <a href="http://www.safefood.eu">www.safefood.eu</a>	<a href="http://www.safefood.eu">www.safefood.eu</a> Lunchbox planner (Downloadable) Your Childs Weight Eatwell Guide (Download) Weight-mate App Recipe ideas (Downloadable)
Food Standards Agency NI <a href="http://www.food.gov.uk/northern-ireland">www.food.gov.uk/northern-ireland</a>	<a href="http://www.nhs.uk/change4life/">www.nhs.uk/change4life/</a> Sugar Smart App Be Food Smart App Personal Activity Plan (Downloadable) Active Holiday Planner (Downloadable) Recipe Ideas (Downloadable)
Enjoy Healthy Eating <a href="http://www.enjoyhealthyeating.info">www.enjoyhealthyeating.info</a>	<a href="http://www.weightconcern.org.uk">www.weightconcern.org.uk</a> Talking to your children about weight (Downloadable)
NHS Change4Life <a href="http://www.nhs.uk/change4life-beta">www.nhs.uk/change4life-beta</a>	<a href="http://www.nhs.uk/livewell/Pages/Livewellhub.aspx">www.nhs.uk/livewell/Pages/Livewellhub.aspx</a> One You Easy Meals App 12 Week Weight Loss Plan (Adults/Downloadable) Calorie Checker
Public Health Agency <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>	
NHS Choices <a href="http://www.nhs.uk/livewell/healthy-eating">www.nhs.uk/livewell/healthy-eating</a>	
British Dietetic Association <a href="http://www.bda.uk.com/foodfacts/home">www.bda.uk.com/foodfacts/home</a>	
British Heart Foundation <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>	
Nutrition and Diet Resources UK <a href="http://www.ndr-uk.org/">www.ndr-uk.org/</a>	

# Physical Activity

## Key Messages

- Children under five need three hours (180 minutes) of activity a day – every movement counts.
- Children & Young People aged five to 18 need to be active for at least 60 minutes each day including muscle and bone strengthening activities 3 times a week.
- Adults need to be active for at least 150 minutes each week.
- Activity should be spread throughout the day.
- All activities should make you breathe faster and feel warmer.
- Sit less. Move more.

Being active as children & young people contributes to:

- Brain development & learning.
- Building relationships, confidence & social skills.
- Developing and strengthening muscles & bones.
- Encouraging and developing movement & coordination.
- Improving concentration & learning.
- Maintaining a healthy weight.
- Improving sleep.
- Improving health & fitness.
- Making you feel good.

Try some of the following

- Be active together as a family – walking, cycling, swimming, family classes.
- Make short journeys active journeys – walk/cycle to school or shops.
- Get active together for free – it doesn't have to be expensive – green spaces & parks.
- Try something new.
- Plan Plan Plan - Plan ahead for weekends & holidays.



# Physical Activity

## Signposting

- Keep up to date with programmes running in your local council leisure/ community centers

Websites (Information)	App's & Resources
<ul style="list-style-type: none"> <li>• Northern Ireland Obesity Campaign Website <a href="http://www.choosetolivebetter.com">www.choosetolivebetter.com</a></li> <li>• Walk NI <a href="http://www.walkni.com">www.walkni.com</a></li> <li>• Cycle NI <a href="http://www.cycleni.com">www.cycleni.com</a></li> <li>• Outdoor NI <a href="http://www.outdoorni.com">www.outdoorni.com</a></li> <li>• Outdoor Recreation NI <a href="http://www.outdoorrecreationni.com">www.outdoorrecreationni.com</a></li> <li>• Get a Life Get Active <a href="http://www.getalifegetactive.com">www.getalifegetactive.com</a></li> <li>• NHS Change4Life <a href="http://www.nhs.uk/change4life-beta">www.nhs.uk/change4life-beta</a></li> <li>• Public Health Agency <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a></li> <li>• NHS Choices <a href="http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx">www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx</a></li> <li>• British Heart Foundation <a href="http://www.bhf.org.uk">www.bhf.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.choosetolivebetter.com">www.choosetolivebetter.com</a> Regional Step Campaign</li> <li>• <a href="http://www.safefood.eu">www.safefood.eu</a> Your Childs Weight/Weight-mate App</li> <li>• <a href="http://www.nhs.uk/change4life/">www.nhs.uk/change4life/</a> Fun Generator/Personal Activity Plan (Downloadable)/Active Holiday Planner (Downloadable)</li> <li>• <a href="http://www.weightconcern.org.uk">www.weightconcern.org.uk</a> Talking to your children about weight (Downloadable)</li> <li>• <a href="http://www.getalifegetactive">www.getalifegetactive</a> Physical Activity Record Booklet (Downloadable)</li> <li>• <a href="http://www.mapmywalk.com">www.mapmywalk.com</a> Map my walk App</li> <li>• <a href="http://www.nhs.uk/livewell/Pages/Livewellhub.aspx">www.nhs.uk/livewell/Pages/Livewellhub.aspx</a> Couch to 5k (Downloadable)</li> </ul>



# Emotional Wellbeing & Mental Health

NORTHERN  
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## Key Messages

- You are not alone, **one in five** adults in Northern Ireland shows signs of having a mental health or emotional wellbeing problem.

*Mental Health in Northern Ireland Fundamental Facts 2016, Mental Health Foundation*

- Use the 5 ways to wellbeing to improve how you feel – try to build these into your daily life.

## **Connect**

- Connect with people around you – family, friends, colleagues, neighbours. Think of these relationships as the cornerstones of your life. Social relationships are vital for promoting wellbeing for people of all ages. Spend time developing and nurturing them.
- Spend time with other people doing something you enjoy.
- Keep in touch with friends and talk about/share your feelings.

## **Be active**

- Regular physical activity is associated with lower rates of depression and anxiety across all age groups.
- Do what you can whether this is going for a walk, running, cycling, playing a game, gardening or dancing.
- You can use activity as a way to spend time together as a family.
- Most importantly choose activities that you enjoy and can easily become a regular part of your life.

## **Take notice**

- Studies have shown that being aware of what is taking place in the present moment directly enhances your well-being.
- Pay attention to all your senses. Stop, pause or take a moment to look around you. What can you see, feel, hear, smell or even taste?
- Look for beautiful, new or extraordinary things in your everyday life and think about how that makes you feel.
- Notice what is around you. Practice gently bringing your attention back to the present moment, each time your attention is pulled towards your thoughts.
- Enjoy nature and the outdoors.

## **Learn**

- Life-long learning enhances self-esteem and encourages social interaction and a more active life.
- Don't be afraid to try something new.
- Take up a new hobby or rediscover an old one, do something creative, start a course or teach yourself a new skill.
- Set a challenge you will enjoy – learning new things will help you to feel more confident as well as being fun.



# Emotional Wellbeing & Mental Health

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## Give

- Small acts of kindness such as saying thank you or helping out a neighbour, or larger ones like volunteering, can make you feel happier and more satisfied about life.
- Do something nice for a friend or stranger, talk to someone or smile at them.
- Seeing yourself and your happiness linked to the wider community can be very rewarding and will help to create more connections with the people around you.

## Signposting

### Websites (Information)

**Minding Your Head** [www.mindingyourhead.info](http://www.mindingyourhead.info)

**Young Minds** [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

**CAMHS** [www.younghealthymindsni.co.uk/](http://www.younghealthymindsni.co.uk/)

**Action Mental Health** [www.amh.org.uk/](http://www.amh.org.uk/)

**Northern Recovery College** [www.mentalhealthrecoverystories.hscni.net/recovery-college/](http://www.mentalhealthrecoverystories.hscni.net/recovery-college/)

**Lifeline** [www.lifelinehelpline.info/](http://www.lifelinehelpline.info/)

**NHS Choices** <http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

**NHS Choices** [www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx)

**Anxiety BC** <https://www.anxietybc.com/> (specifically for adolescents)

**Mind** <https://www.mind.org.uk/> mental health charity

**Inspire** <https://www.inspirewellbeing.org/> Northern Ireland based charity supporting mental health and wellbeing

**Headspace** <https://www.headspace.com/>

**Calm** <https://www.calm.com/>

**CALM** (campaign against living miserably) <https://www.thecalmzone.net/> (specifically for young men)

**Royal College of Psychiatry Youth Info** <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx>

**CCI - self help and support workbooks**

<http://www.cci.health.wa.gov.au/>

**Psychology Tools** <https://psychologytools.com/> information sheets

**Mindshift** <https://www.anxietybc.com/resources/mindshift-app>

Northern Trust Clinical Health Psychology – supporting adults with long term health conditions <http://www.northerntrust.hscni.net/services/2324.htm> and children/young people and their families living with Type 1 diabetes.