

# 5 a day

Make sure you get yours!



**change 4 life**  
Eat well Move more Live longer

It's easier than you think to get a variety of at least five portions of fruit and veg every day – fresh, frozen, juiced, canned and dried all count! Remember, a portion is roughly a handful.

Keep track of who eats the most fruit and veg. For every portion you eat, draw a picture of the fruit or vegetable in your row of this wallchart – it might be fun to have a family competition to see who can eat the most fruit and veg in a week.

## Sugar swaps

We tend not to think about the sugar hiding in food. So go for options with no added sugar wherever possible.



## Cut back fat

Go for grilled instead of fried – it cuts out a lot of fat.



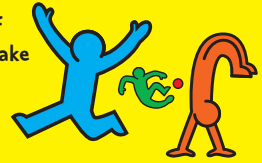
## Meal time

Try and make time for three regular meals a day and try not to skip breakfast.



## 60 active minutes

Kids need to do at least 60 minutes of activity a day to make sure they stay healthy and full of energy.



## Me size meals

Kids and grown-ups don't need the same amount of food. Kids need smaller portions than adults.



## Up and about

Moving – any kind of moving – is better than sitting around.

It's fun to move – so get up on your feet and go!



## Snack check

Snacks can be high in sugar, fat and salt. So some families limit it to '2 snacks max' each day.



🔍 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Name:							
Name:							
Name:							
Name:							

Each week you can download and print a new wallchart from [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

The winner is...  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)