

3 meals a day

(breakfast, lunch and evening meal)
Don't skip meals as you are more likely to snack

Have 6-8 Drinks a day

You are more likely to eat more if you don't drink enough

High sugar and fat foods

Reduce how often you have these

Snacking – Stop and think

Why are they asking for food is it a habit or are they really hungry?

Healthy Snacks

Place healthy snacks at your kids eye level in the fridge or cupboard



2 Snacks Max a Day

Get your kids to chop up fruit and veg for a healthy



When shopping

Say **NO** to 2-for-1's on high fat/sugar foods and drinks

Even though you plan to save one for the next week once they are in the home it is easy to eat/drink them