




Do you ever feel unsure of what a healthy diet actually looks like?



Are you ever wondering if your child should be more active?

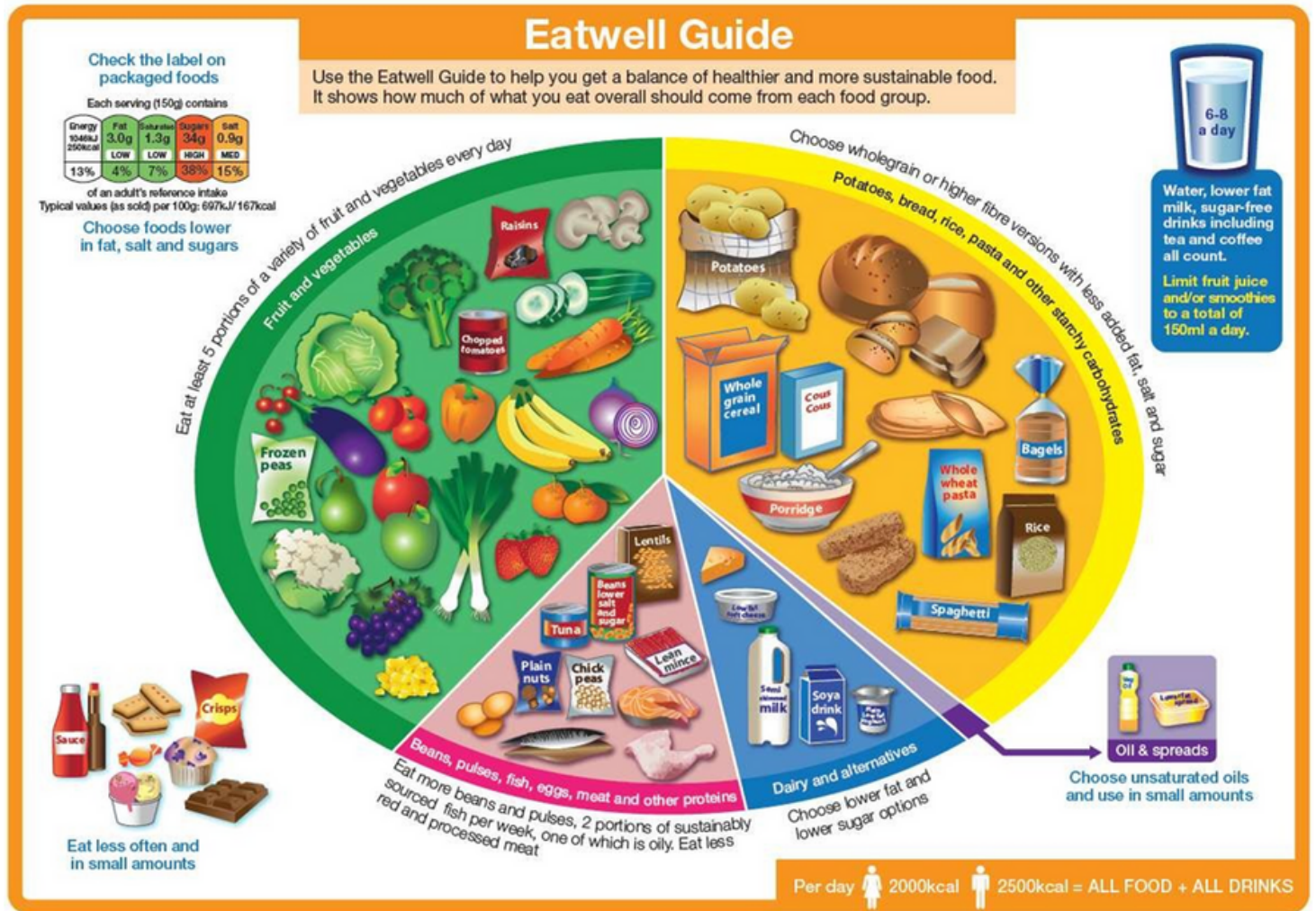


Does your child struggle with a sleep routine or spend a lot of time on a screen?

This leaflet aims to support children and families with nutrition, healthy diet, being active and making healthy lifestyle choices.

We recommend to work your way through the leaflet at your own pace either by yourself, or as a family. It can be helpful to make lifestyle changes gradually and build them up over time to make sure it's not overwhelming.

## Nutrition:



This is a guide to the different food groups and what makes up a healthy, balanced diet. It shows how much of each food group should be eaten in a day.

Eating well and having a healthy lifestyle can help us feel our best and live a long, happy, and balanced life.

There are lots of mixed messages about what a healthy diet and lifestyle look like. This can lead to confusion about what we should eat but this resource will hopefully clear things up.

It is incredibly important to maintain a healthy relationship with food - this means eating mindfully without any rules or restrictions, and without any negative feelings towards food or your body. This can also include a regular meal pattern, including snacks between meals if necessary.

You can find more information about healthy eating for children:

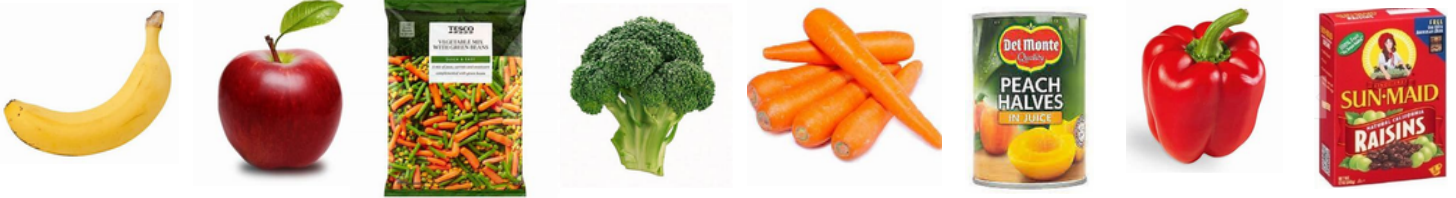
<https://www.bda.uk.com/resourceDetail/printPdf/?resource=healthy-eating-for-children>

Below are the **main dietary goals** to aim for.

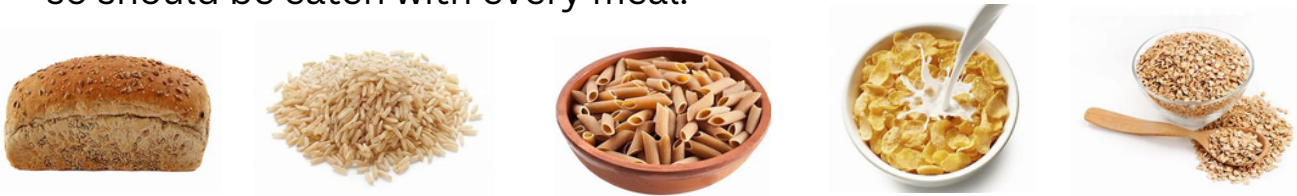
Do you think you meet these goals at the moment? What could you work on?

Tick the coloured circles below of the goals you meet:

Eat at least 5 portions of a variety of **fruit** and **vegetables** every day. Fruits and vegetables provide lots of vitamins and minerals as well as fibre. Fresh, frozen, tinned (in own juice) or dried all count.



Choose wholegrain **carbohydrates** like bread, rice, potatoes, pasta, cereals and grain. These foods provide energy and fibre to keep you full so should be eaten with every meal.



Eat a variety of **protein** rich foods like meat, fish, eggs, chickpeas, lentils, nuts and meat alternatives. These foods are needed for strength and growth and should be eaten at least twice per day.



Choose **dairy foods** like milk, cheese and yogurt and aim for three servings every day - for example, 150ml glass of milk, a small pot of yogurt and a small matchbox-sized piece of cheese. These foods are important for keeping your teeth and bones healthy and strong.



Try to choose **high fat, sugar and salt foods** less often and in smaller amounts as they provide few nutrients. Try to limit to only a few times per week or eat at mealtimes to prevent tooth decay and other dental issues.



# All about sugar:

It is very easy to eat too much sugar and it's tricky to know how to reduce your sugar intake and choose healthier options - this is why we're going to break it down and help you.

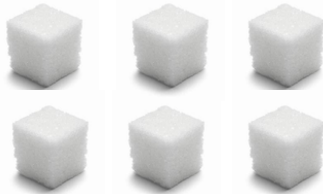
The **maximum recommended daily amounts** of sugar are:

**4 to 6 year olds:**



5 sugar cubes/  
19 grams

**7 to 10 year olds:**



6 sugar cubes/  
24 grams

**11 and older:**



7 sugar cubes/  
30 grams



Try using the **Better Health Healthier Families 'sugar calculator'** to add up your intake throughout the day and check how much you and your family usually have each day.

Too much sugar can negatively impact you and your children's health and is the number one cause of tooth decay. To reduce tooth decay, try to reduce the amount of food and drink you have that contain sugars, and try to limit them to mealtimes. Below are some healthier swaps that you could try out.

You don't need to cut these foods out but have them less often as they are higher in sugar.



Fresh fruit and vegetables, and low sugar jellies and yogurts are great swaps.



# All about salt:



Like sugar, we are all generally having too much salt. It can negatively affect our health and can put you and your kids at risk of high blood pressure and heart disease later in life.

The **maximum recommended daily amounts** of salt are:

**4 to 6 years old:**



6 sachets / 3 grams

**7 to 10 years old:**



10 sachets / 5 grams

**11 and older:**



12 sachets / 6 grams

It is easy to have too much salt in our diets - most of the salt we eat comes from pre-packaged or everyday foods we buy. This means it's important to try and reduce how much salt we eat where we can.

Below are some foods that tend to be high in salt, that you should watch out for and eat in moderation:

Here are some examples of healthier swaps to try:



Look out for **reduced-salt options** on products like sauces, gravy, soups, beans, nuts, rice crackers etc. The label should clearly show 'reduced salt' or 'low salt'.

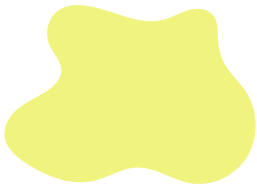
Try to take the **salt off the dinner table** and use less when you are cooking - try using **herbs and spices** to boost the flavour.

# All about fat:

Like most things, **too much fat** is bad for us, but it can be difficult to know how much or which type of fat we're eating. There are 2 main types: saturated fat and unsaturated fat. **Saturated fat** is the one that we need to be more aware of, to prevent serious health issues like heart disease, stroke, type 2 diabetes, some cancers and weight gain.

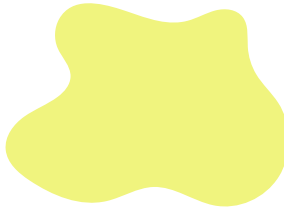
The **maximum recommended daily amounts** of fat are:

**4 to 6 years old:**



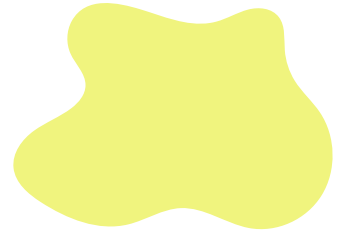
18 grams

**7 to 10 years old:**



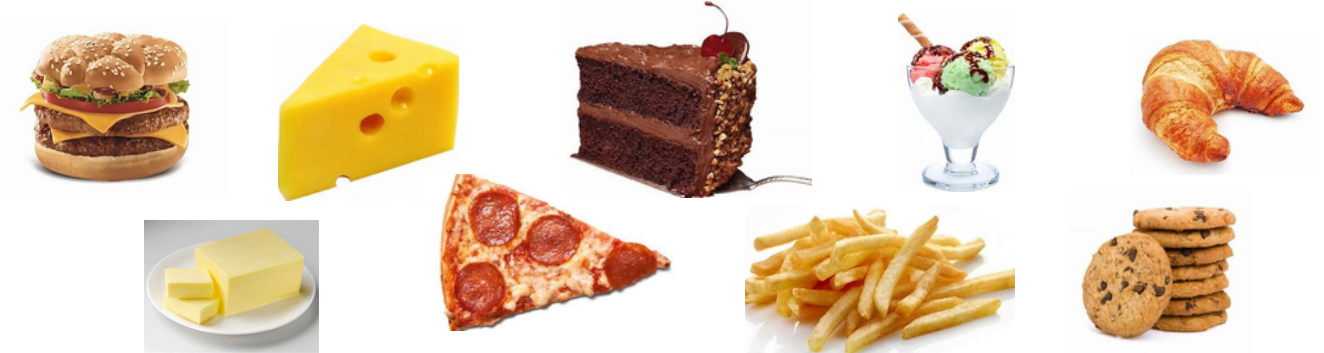
22 grams

**11 and older:**



28 grams

Kids in particular are generally eating too much fat. Below are the different foods we should try to eat less often and in smaller amounts:



Below are some tips for trying to eat less saturated fats and more healthy, unsaturated fats:



Avoid adding extra oil or butter when **cooking** - try grilling, baking, steaming or poaching. If you do use oils, choose unsaturated oils like sunflower or olive oil and try using a spray bottle to use less.



Processed meats like sausages, burgers, bacon and ham are high in saturated fat and salt. Choose more **fish** like mackerel and salmon for healthier fats or try beans and lentils too.



Choose leaner **meats** like lower-fat mince and chicken or turkey without skin. Also, try to trim any visible fat from your meat.



Pastries and croissants are high in saturated fat so swap for plain cereals, brown toast with a low fat spread, malt loaf or a bagel with a little jam or marmalade and banana for a healthier **breakfast**.

# Portion sizes:



Above are some easy ways of making sure your portion sizes are roughly correct, meaning you aren't having too much or too little of different food groups. The hands show the portion sizes of each food group but the other image show the food on the plate as a visual guide.

If you would like more specific portion size recommendations, the British Dietetic Association have a Food Fact Sheet on portion sizes (linked at the end of the booklet).

Shopping for foods can be really tricky with distracting "bargains" for unhealthy foods and confusing **food labels** - we'll break this down now:

## Each serving (150g) contains

Energy 1046kJ 250kcal	Fat <b>3.0g</b> LOW	Saturates <b>1.3g</b> LOW	Sugars <b>34g</b> HIGH	Salt <b>0.9g</b> MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

- Food is high in things you should be cutting down on.
- Food isn't high or low in the nutrient, so an "OK" choice.
- The more green lights, the healthier the choice.

Try your best to buy as many food products that are mainly green traffic lights on the packaging. When you are shopping, it is easier to quickly glance at the colour of traffic lights, rather than reading lots of information on the back. It can make choosing what to buy much easier if you are finding it difficult to decide.



It can be extremely helpful to **plan your meals** and **write a shopping list** before you do a food shop. Doing so can make sure you don't buy things you don't need, reduce food waste and help you save money.

# Keeping active and exercising:

Here are some **benefits** and positive effects of being physically active

## Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

Here are some **recommendations** on how to keep active:

### Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

PLAY

RUN/WALK

BIKE

ACTIVE TRAVEL

SWIM

SKATE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

SPORT

PE

SKIP

CLIMB

WORKOUT

DANCE

**Get strong**

INACTIVITY

**Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week



Do you think you or your family meet these recommendations?

If not, how could you try to be more active?



# Keeping active and exercising:

Here is a list of ideas you can do as a family to move your bodies:



**Dance party!** - put on you or your family's favourite music and dance around your house



**Walk!** - Get outside into the fresh air and go for a family walk. You could even walk to a park or a beach



**Yoga!** - Doing some stretches or yoga can be a slower and relaxing way to move your body

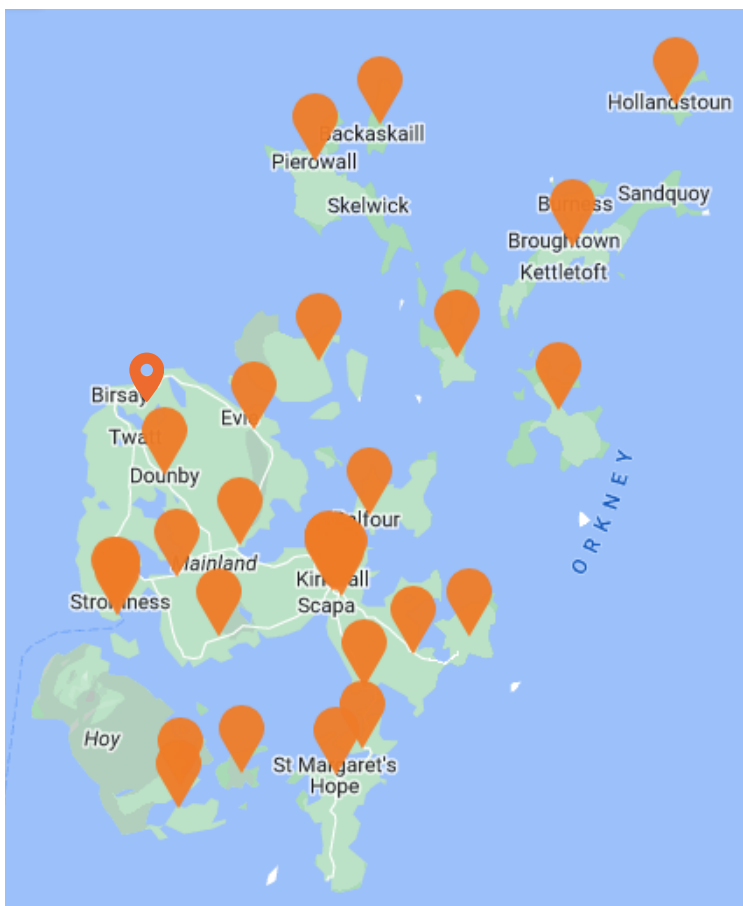


**Shake up games!** - Look on the **Better Health Healthier Families** website for Disney inspired 10 minute games and lots of other fun ideas

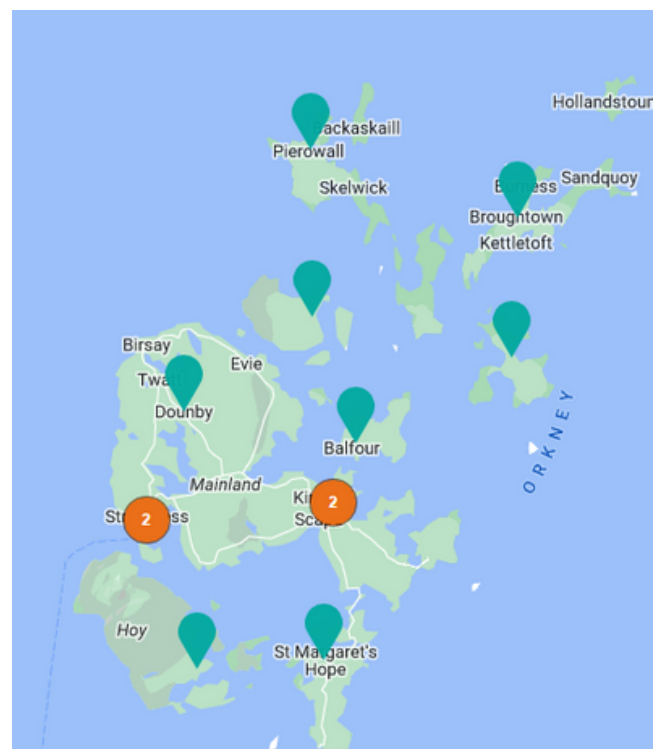


**Sports!** - You can do so many different sports with just a few things such as a ball. Also check out the different activities and sports available at your closest leisure centre

Below is a map of the play parks around Orkney:



This map shows the leisure centres around Orkney:



## A closer look at sleep:



It is recommended that children should all be aiming for around 8-12 hours of sleep per night. This will be different depending on their age. Sleep is important for children to help with growth, repair, and rest.



How many hours of sleep do you think you or your family get?

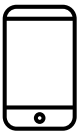
### Below are some tips for getting a good sleep and sleeping routine:



Cut down on coffee and fizzy drinks before bed as the **caffeine** can make it harder to fall asleep and stay asleep



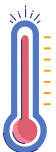
Limit **screen time** before bed as the light keeps your brain awake and makes it harder to fall asleep



Try to keep your bed purely for **sleeping** rather than spending time on your phone or doing homework as this can make it harder to sleep



Create a **relaxing** sleeping environment that suits you. Some people prefer either a hot or cold bedroom so find what you like and try to stick to that



Try not to go to bed on an empty **stomach** or a full stomach as this can distract your body from falling asleep



Going to bed at the same time every night can help get your body into a good **routine** and ready to sleep



Being **active** before bed can help to relax you and get ready to fall asleep - try light exercise in the evening



Poor sleep can affect your mood, your concentration and both your physical and mental health. It is vital to get enough hours of good deep sleep every night.

## Why screen time matters:

Screen time is the amount of time you spend on a device with a screen like phones, laptops, or watching tv. We often sit and stare at screens mindlessly which contributes to **physical inactivity** (sitting for too long).

It is recommended that we should limit screen time and try to stay off devices before bed to reduce the impact the blue light will have on our sleep. The advice is to stay off screens for 30 to 60 minutes before going to bed.



**How often do you think you spend looking at a screen on an average day?**

**Screen time can cause negative effects when over used, including:**



Sleep issues



Less time outdoors and fewer books read



Mood difficulties



Potential weight and body image issues

**It can be hard to reduce our screen time when a lot of the things we do is on our phones or computers. Below are some tips that may make it easier to limit the time we spend on screens:**



Set time limits for different apps



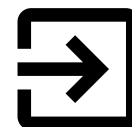
Spend time reading instead of scrolling



Remove unnecessary apps



Leave your phone in a different room



Spend time outside or doing a hobby



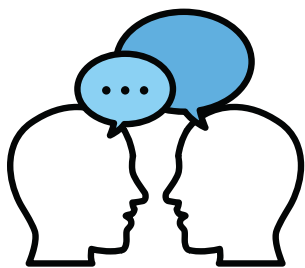
## Emotional health & wellbeing

**Everything outlined in this leaflet so far positively impacts on your children's overall wellbeing. Emotional health is also important for their development. Find some tips below that can help to support wellbeing:**



Spending **time as a family** is important as it signals to your child that they matter - this could include cooking a meal together, all eating at the table together, playing a game, or going for a walk.

Spending time **outdoors** is vital for a clear mind and positive mental wellbeing - set time aside as often as you can to take your children for a walk, play in the garden or go for a bike ride.



Having important conversations as a family builds **connection** and an open relationship with your children. This can help children to understand and cope with their emotions. It can also help to reduce stress and low mood.

Building a **regular routine** can be helpful for families. Trying to be organised and planning ahead alongside a regular routine can help to create a balanced family life with less stress.



Try to build and maintain **healthy habits** - these could be on diet, exercise, screen time or sleep. Taking the time to focus on keeping on top of habits can support positive mental wellbeing.

It is important to **encourage happiness, individuality and independence** with your family to develop personality and build confidence. This will support your family through life and helps to improve essential communication and social skills.



**For more information on mental wellbeing for you or your family, visit:**  
[www.nhs.uk/every-mind-matters/supporting-others/children-mental-health/](http://www.nhs.uk/every-mind-matters/supporting-others/children-mental-health/)

## Online resources and learning:



The British Nutrition Foundation is a reliable website for **information on diet** including different life stages and following a healthy, sustainable diet.

British Dietetic Association is reliable website that includes **food fact sheets** that explain dietary needs for different ages and health conditions, and gives different recipes and meal ideas.



Childsmile is a website that provides information on oral health for children aged up to 12 years old. There is information on toothbrushing, fluoride varnishing, sugar and keeping a healthy diet.

This NHS website gives information on **mental health** and wellbeing, support and sleep.



This is a charity focused on **mental health** and providing support, advice and a helpline.

Offers tips and advice for all **family challenges**, such as sleeping, eating, behavioural issues and more.



This website has 4 sections: **Food Facts, Recipes, Activities and Children's Weight**. Take a look at the different learning activities and tips to support your families health.

The NHS and NHS Inform websites give reliable information on health, concerns, and support available.



Take a look at the Educational Resources section on the Food Standards Scotland website for fun learning activities.

## EDUCATION RESOURCES



### Sugar Detectives

Learning about sugar, how it affects your health and the sugar levels of different drinks.



Resource



60-80 mins



S1-S3



### The Interactive Eatwell Guide

Our interactive Eatwell Guide tool will help teach P1 – S3 how to get a balance of healthier and more...



Interactive



40-60 mins



Nursery, P1-P3, P3-P5, P5-P7, S1-S3



### Packed Lunch Puzzle

Learning about what makes a healthy pack lunch and working together in groups to create one.



Food card activity



1-1.5 hours



P3-P5



### Label It!

Learning about food labels and how to use them to make informed choices when choosing food.



Food card activity



45-60 mins x 4 sessions



P5-P7



### Crazy Kitchen

Learning about and discussing food safety hazards in a kitchen.

Includes guidance for parents, carers and...



Interactive



30-40 mins



Nursery, P1-P3



### Cookin Castle

Cookin Castle is an online interactive website intended to teach and promote healthier eating and good food...



Interactive



40-50 mins x 5 days



P3-P5, P5-P7



To learn more, visit: [www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)

Reminder to not feel disheartened if you think there are changes that you and your family could make - starting off small and building it up over time can make a big difference

## Local resources and support:

Here are some local services available for support in Orkney



The biggest sport and exercise facility in Orkney - find out more about classes, activities and sports available

The Orkney.com website gives information on all things Orkney - including facilities, health centres, events and other things to do



Follow the NHS Orkney Facebook page, to be kept up to date with information on health, campaigns and local NHS Orkney news




The NHS Orkney Dietetic team have a weight management service that you can refer yourself into for support - take a look here at the Dietetic teams' page on the NHS Orkney website:

<https://www.ohb.scot.nhs.uk/service/dietetics>

Stopping smoking is the best thing you can do for you and your families health. You are three times more likely to have a successful quit using stop smoking medication, alongside a stop smoking service such as Quit Your Way Orkney.



To find out more or to refer yourself to Quit Your Way Orkney:

-  Email: [ork.quityourway@nhs.scot](mailto:ork.quityourway@nhs.scot)
-  Phone: 01856 888084 (Public Health Department) or 0800 0356344 (Free phone)
-  Online: scan the QR code with your phone



The Orkney Islands Council website has information on counsel services such as education and learning, leisure and culture.

Keep up to date with Council news on the Orkney Islands Council Facebook page