

Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails

**Better
Health**

**Let's
do this**

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit healthysteps.uk or scan the QR code to get started!



Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.



Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



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