



Welcome to our new weekly health slot, where we will share Health information. I thought we'd start with Healthy Eating, as this is something that relates to everyone. As part of their "live well, eat well" project the NHS have produced The Eatwell Guide, which includes this diagram showing how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

More information can be found on line at <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

During half term, it may be handy to have the snack swap tips as well

### Swap snacks

Healthy snacks can keep young people going between meals and help them to get the variety of food they need. But when busy, tired or bored it can be easy to slip into bad snacking habits. Use the guide below to swap the snacks you offer to children and young people for healthier versions to help improve their diet:



Follow these tips:

Instead of...	Try...
<b>Crisps</b>	Breadsticks, dry cereal, rice cakes or crunchy vegetable sticks.
<b>Cream cakes</b>	Toasted currant buns, teacakes, crumpets or English muffins with a little unsaturated spread.
<b>Boiled sweets</b>	Dried fruit such as raisins, dried apricots, dried figs or dates.
<b>Slice of pizza</b>	Wholegrain pitta bread dipped in hummus or tzatziki. Alternatively make your own pizza using tomato puree, vegetables, and lower fat cheese options like mozzarella instead of hard cheeses.
<b>Bar of chocolate</b>	A banana or some chunks of fresh pineapple.
<b>Biscuits</b>	Fresh or canned fruit in its own juice, such as peaches or pears.
<b>Ice cream</b>	Low fat yoghurt or rice pudding – but make sure it doesn't contain any added sugar. You can sweeten plain yoghurt with fresh fruit such as blueberries or pineapple