

ACTIVE NUTRITION AT HOME

Spending a time at home makes it difficult to be active. Active Movement recognises this by offering you lots of ways not just to move more but sit less. More sitting in front of the TV or computer is also likely to mean more snacking in between meals of high calorie foods such as chocolates and crisps. With perhaps many weeks of being at home, it's important to think about how often, how much and what you are eating.

SO WHY NOT PRACTICE ACTIVE NUTRITION AT HOME?

For more information about Active Movement, go to www.activemovement.co.uk



SETTING GOOD NUTRITIONAL BEHAVIOUR

It is easy to get into the routine of filling in moments of boredom or inactivity with something to eat or a sugary drink.

To change these habits we need to introduce new and healthier behaviours in their place.

Better still, if they can be followed as a family or group, then you can all remind and encourage each other to eat properly and not too much!



ACTIVE PREPARATION REMEMBER EVERY MOVEMENT YOU MAKE IS AN ACTIVE ONE!

- ✓ Get everyone involved in preparing vegetables, the meal or setting the table
- ✓ Stand (or walk around) when waiting for the microwave or boiling a kettle
- ✓ Load the dishwasher
- ✓ Stand to wash up
- ✓ Tidying the kitchen together
- ✓ Ask children to organise smaller meals
- ✓ All can help you stand more and sit less



CREATING ACTIVE NUTRITION

It is not easy to change eating habits. Like all behaviour change, it is a matter of making small changes regularly until they become so regular you do not even think about it! To start, set yourself simple changes:

- ✓ Healthy breakfast . Two days a week, avoid sugary cereals. Try porridge or a boiled egg
- ✓ Sugar free mornings. Pick two days a week when you should avoid sugary drinks, chocolates and other snacks containing sugar
- ✓ Fruit days. Pick three days a week when the only snack you eat is a piece of fruit
- ✓ Water days. Pick two days each week when the only drink during the day is water
- ✓ Snack or stand . Pick one day each week when every time you want a snack, walk around the house or do some exercise instead of eating
- ✓ Active Swap. Make a healthy swap for a day each week (for example swap carrot sticks for chocolate fingers!)



ACTIVE WALK

Had a big meal? Don't sit down, but walk a bit.

It's good for digestion, calorie usage and glucose absorption to help prevent type 2 diabetes.



SOME GREAT IDEAS AND TIPS FOR EASY, HEALTHY MEALS

On average we are eating an extra 200-300 calories every day! Try to limit your calories per meal to 400 (Breakfast), 600 (Lunch) and 600 (Dinner).

There are lots of easy ways for you and your family to eat well. Download the 'Easy Meals' app for information on meals, calories and nutritional content www.nhs.uk/oneyou/apps/

