Dudley
Metropolitan Borough Council

HealthyDudley
Longer, safer, healthier lives

My healthy plan

Did you know that making small changes to the way you eat and how much you move could make a big difference to your health and happiness?

Whatever your shape it's important that you eat properly and do plenty of physical activity to grow into a healthy adult.

If we carry too much fat in our bodies it can build up overtime and increase our risk of illnesses like cancer, type 2 diabetes and heart disease in later life. Even if we're a healthy weight it's still important to eat well and be active.

This booklet contains lots of useful tips and will help you to set your own health goals. For further information about how you and your family can improve their health and wellbeing visit Dudley Public Health's Healthy Dudley website www.healthydudley.co.uk

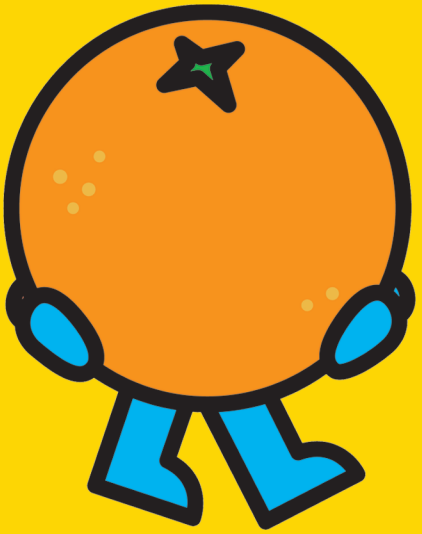
Stay healthy, stay happy

Completing this healthy plan will help you set your own health goals and follow your progress.

You'll find information about each top tip for health along with a table you can record your own goals in with useful examples of some of the goals other people have set themselves.

To make your changes easier start with setting yourself small goals you know you can stick to and gradually increase them week-by-week.

If you set your goals too high or try making too many changes at once you're less likely to succeed so try to be realistic in what you set. Once you have made a change remember to tick it off and set a new goal so you can always look back at what you have achieved.



Sugar swaps goals

goal	current habit	week 1	week 2	week 3	week 4
Example: Reduce sugar in tea	3 teaspoons of sugar in tea	cut down to 2 teaspoons	cut down to 1 teaspoons	cut down to ½ teaspoon	try no sugar

top tip 1 Sugar swaps

Swapping sugary snacks and drinks for ones that are lower in sugar can really make a difference to your calorie intake. It's better for your teeth too.

Here are a few ideas on what to swap:

Swap to water, semi-skimmed milk or diluted fresh fruit juice instead of drinks with added sugar like cola or squash.

Switch to snacks like fresh fruit, carrot sticks and unsalted nuts instead of sweets or biscuits.

Swap to lower sugar cereals, fruit or toast instead of cereals with lots of sugar added to them.

Meal time goals

goal	current habit	week 1	week 2	week 3	week 4
Example: Eat breakfast everyday	Occasionally eat breakfast	Eat breakfast 2 times a week	Eat breakfast 4 times a week	Eat breakfast 6 times a week	Eat breakfast everyday

top tip 2 Meal time

It's important for you to have regular, proper meals otherwise you could miss out on essential nutrients.

Try having three regular mealtimes everyday, this will help you to eat better food and is less likely to make you want to snack.

Eat with your family whenever you can, it's a great chance to catch up with one another and it could help your brothers, sisters, parents and friends to eat healthier too.

Kick start your day with a healthy breakfast. Try cereals with no added sugar or toast and if you add chopped fruit or a glass of unsweetened fruit juice you'll be well on your way to 5 a day!

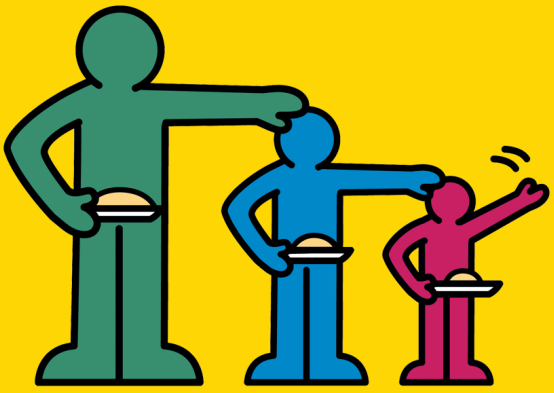
Me size meals goals

goal	current habit	week 1	week 2	week 3	week 4
Example: Only eat standard bag crisps	Eat large packet of crisps everyday	Swap large packet with a standard packet 2 times a week	Swap large packet with a standard packet 4 times a week	Swap large packet with a standard packet 6 times a week	Swap large packet with a standard packet every day

top tip 3 Me size meals

Even though you're growing it's important to make sure you're having the right amount of food for your age.

- Remember you're smaller than adults so you don't need as much food as they do. An adult's stomach is much bigger than yours so try to eat a portion that matches up with your age and size.
- It's healthier to have smaller portions to start with and have more if you're hungry. You may be encouraged to finish everything that comes on your plate but sometimes if you're full it's best to stop eating!
- Lot's of packaged foods are designed for grown ups so you may need to have less things that come in packets or try sharing with a friend.



Snack check goals

goal	current habit	week 1	week 2	week 3	week 4
Example: Stop eating sweets after school	Eat sweets everyday after school	Replace sweets after school with a healthy snack 2 times a week	Replace sweets after school with a healthy snack 3 times a week	Replace sweets after school with a healthy snack 4 times a week	Replace sweets after school with a healthy snack 5 times a week

top tip 4 Snack check

Many snacks can be high in sugar, fat and calories (all the things we shouldn't eat too much of). You can make a big difference by following these tips:

Keep count on what you're having. You might be surprised when you actually count up how many sweets, crisps and biscuits you have. If you keep count you're more likely to cut down.

To fit in with three meals a day, some people find a good way of limiting snacks is to introduce a snacking limit such as '2 Snax Max' and to have just one snack in the morning and one in the afternoon. Try and make one of these snacks a healthier one. For example fruit rather than a biscuit is a great way to work towards your five a day.

5 a day goals

goal	current habit	week 1	week 2	week 3	week 4
Example: Eat a piece of fruit with lunch at school	Rarely eat fruit at lunchtime	Eat a piece of fruit with lunch 2 times a week	Eat a piece of fruit with lunch 3 times a week	Eat a piece of fruit with lunch 4 times a week	Eat a piece of fruit with lunch 5 times a week

top tip 5 5 a day

It's easier than you think to have five portions of fruit and vegetables everyday. For you one portion is roughly the amount of fruit or veg you can hold in the palm of your hand. Here are a couple of ideas to help you on your way:

Frozen and canned fruits and vegetables count too.

A glass of unsweetened 100% pure fruit juice or one smoothie a day counts as one of your five

A piece of fruit or chopped up vegetables is great in your lunchbox. Try carrot sticks and baby tomatoes with a yummy dip, such as hummus or cottage cheese.

Cut back fat goals

goal	current habit	week 1	week 2	week 3	week 4
Example: Eat less fast food	Eating fast food at least 3 times a week	Reduce fast food intake to no more than 2 times a week	Reduce fast food intake to no more than once a week	Reduce fast food intake to no more than once a fortnight	

top tip 6 Cut back fat

We all know too much fat is bad for us. But it's not always easy to tell where it's lurking. Here are a few fat-busting tips:

Cut down on snack foods as they're often jam-packed with fat. Try to keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats only.

Grilling or baking food in the oven rather than frying can cut the fat content by about half.

Ask an adult to trim off any fat before it's cooked, and skin chicken and turkey first.

60 active minutes goals

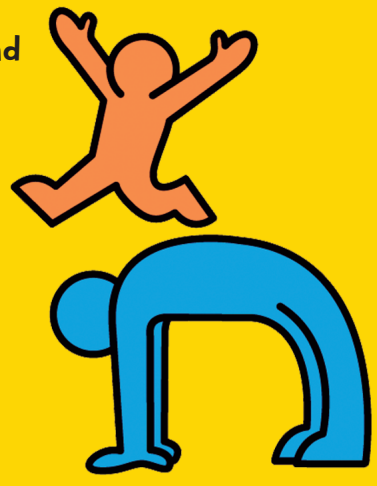
goal	current habit	week 1	week 2	week 3	week 4
Example: Walk to and from school	Always get a lift to school and walk home at least 2 times a week	Walk to and from school 2 times a week	Walk to and from school 3 times a week	Walk to and from school 4 times a week	Walk to and from school 5 times a week

top tip 7 60 active minutes

Children need to do at least 60 minutes of activity a day to stay happy and healthy.

They need to do it to burn off energy and help their muscles and bones grow strong. The more active you are the less likely it is that you will store up excess fat in your body which can lead to cancer, type 2 diabetes and heart disease.

The 60 active minutes doesn't have to be all in one go and it doesn't have to be sport – running around having fun outside and getting from place to place counts too. Clock up 60 minutes active play each day after school and at the weekend – this includes running around, cycling and playing outdoors.



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