

# EAT MORE HEALTHILY

## FACTS AND FIGURES

**1 in 3**



children in Year 6 are overweight or obese in Barnet

Poor diet is a leading cause of tooth decay



**50%**

of Barnet adults eat the recommended 5 portions of fruit and vegetables each day

**Cardiovascular disease**



Unhealthy eating is the biggest behavioural risk factor for CVD

**74%**

of UK adults have had a tooth extracted

**1 tsp/day**



is the recommended salt intake for a UK adult

**7 tsps/day**

of sugar is the recommended limit for an adult



## HELP AND ADVICE

Eating a healthy, balanced diet can improve your physical health and emotional wellbeing, reducing your risk of type 2 diabetes, high blood pressure, cardiovascular disease and some cancers.

Here are some top tips for getting started:

- Eat a variety of fruit and vegetables, aiming for 5 to 10 portions each day. Frozen, tinned and fresh fruit and vegetables all count.
- Try and limit the amount of salt, sugar and unhealthy fats you consume. How can you tell how much is in your food? Use the traffic light system on the front of food packaging as a guide. The red, amber and green colours show at a glance whether a product is high, medium or low for fat, sugars or salt.
- Eating meals that contain a mix of fats, carbohydrates and protein will keep you full for longer, meaning you are less likely to snack on highly processed foods later in the day. Use the Eatwell guide as guide for how much of each you should be consuming.
- Making changes to your diet long term will only work if you enjoy it. Learning to cook simple, quick meals can be an affordable way to try different healthier foods to see what you like.

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**BARNET**  
LONDON BOROUGH

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## LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
<b>Barnet Council website – Healthy eating videos</b>	<ul style="list-style-type: none"> <li>Video</li> <li>Online</li> </ul>	A series of videos on healthy eating produced by Bread n Butter. Include advice on store cupboard cooking, healthy eating on a budget and cooking for one, advice on sugar and food labelling as well as a series of recipe cards for you to make these foods at home yourself.	<b>Website:</b> <a href="https://www.barnet.gov.uk/health-and-wellbeing/keeping-well-and-active">https://www.barnet.gov.uk/health-and-wellbeing/keeping-well-and-active</a>
<b>Change4Life</b>	<ul style="list-style-type: none"> <li>Website</li> </ul>	National programme from the NHS to help children and families become healthier and be more active.	<b>Website:</b> <a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a>
<b>NHS Eat Well</b>	<ul style="list-style-type: none"> <li>Website</li> </ul>	Support from the NHS on eating a healthy, balanced diet. This website includes guidance on nutrition, eating on a budget, recipes and tips.	<b>Website:</b> <a href="https://www.nhs.uk/live-well/eat-well/">https://www.nhs.uk/live-well/eat-well/</a>
<b>AgeUK Barnet cookery classes</b>	<ul style="list-style-type: none"> <li>Website</li> <li>Face-to-face</li> </ul>	AgeUK Barnet provide an 'eat well, live well programme' which aims to improve the health and diet of older people and tackle social isolation.	<b>Further information available at:</b> <a href="https://www.ageuk.org.uk/barnet/activities-and-events/cookery-classes/">https://www.ageuk.org.uk/barnet/activities-and-events/cookery-classes/</a>
<b>Barnet Food Security Hub</b>	<ul style="list-style-type: none"> <li>Website</li> </ul>	Contains information on budget cooking and a series of videos "top tips" for food shopping, reading labels and cooking for one. It includes information on local food aid services for people in need of immediate support with access to food.	<b>Website:</b> <a href="https://www.barnet.gov.uk/health-and-wellbeing/food-security-hub#title-2">https://www.barnet.gov.uk/health-and-wellbeing/food-security-hub#title-2</a>
<b>Barnet Adult Weight Management Services - Healthwise</b>  <b>GP Referral only</b>	<ul style="list-style-type: none"> <li>Online</li> <li>Face-to-face</li> </ul>	If you are struggling with your weight, have certain underlying health condition or have a BMI >30, you may be eligible for an adult weight management service. These services provide a mix of nutrition information, physical activity and behaviour change techniques.	<b>GP referral only</b>  <b>Information on weight management services are available at:</b> <a href="https://www.barnet.gov.uk/health-and-wellbeing/healthy-barnet/healthy-weight">https://www.barnet.gov.uk/health-and-wellbeing/healthy-barnet/healthy-weight</a>
<b>Xplore</b>	<ul style="list-style-type: none"> <li>Face-to-face</li> </ul>	Free weekly healthy eating and physical activity group sessions for children, parents/carers and siblings to support a healthy weight. Self-referrals, referrals from parents and health professionals are all accepted.	<b>Website:</b> <a href="https://www.barnet.gov.uk/health-and-wellbeing/pregnancy-and-early-years/healthy-weight-children">https://www.barnet.gov.uk/health-and-wellbeing/pregnancy-and-early-years/healthy-weight-children</a>  <b>Email:</b> <a href="mailto:xplore.barnet@gll.org">xplore.barnet@gll.org</a>

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