



## Guiding Families Towards Healthier Eating Habits

The NHS "Healthier Families" website provides a wealth of information and practical advice to help families make healthier food choices. It offers easy-to-follow guidelines on balanced diets, portion sizes, and the nutritional needs of children, along with tips for cooking healthier meals at home.

The site also covers the importance of reducing sugar, salt, and unhealthy fats, while promoting the consumption of fruits, vegetables, and whole grains. By offering simple, science-backed tips, it aims to empower families to improve their eating habits and build a healthier future for their children.

### Take a look here

<https://www.nhs.uk/healthier-families/food-facts/>