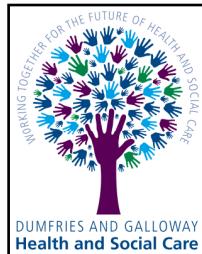
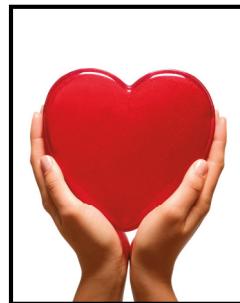
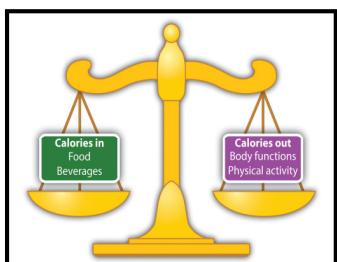


# Are you looking for support to maintain or achieve a healthy weight?

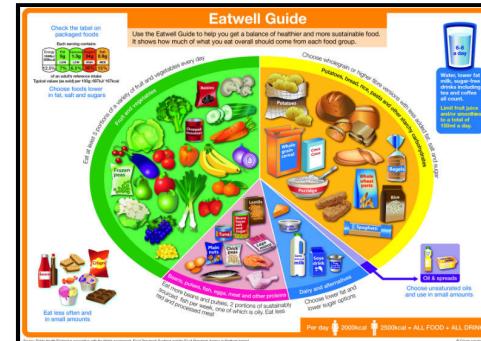


- Do you have concerns about your current lifestyle and want to feel healthier?
- Are you looking for support to make small positive changes?
- Do you want to take steps to be more physically active?
- Are you looking for advice around fussy eating?
- Would you like to learn how to cook healthy nutritious meals and snacks?
- Get information on how you and your family can eat well



## Support available from your local Health Improvement Team

- The Team will help you identify what will work best for you/your family
- Provide information on:
  - Healthy eating
  - Portion sizes
  - Food labelling
  - Fussy eating
  - Menu planning and budgeting
- Provide information and support on how to access local activities
- Provide support to set small achievable goals
- A chance to chat in confidence about healthy weight



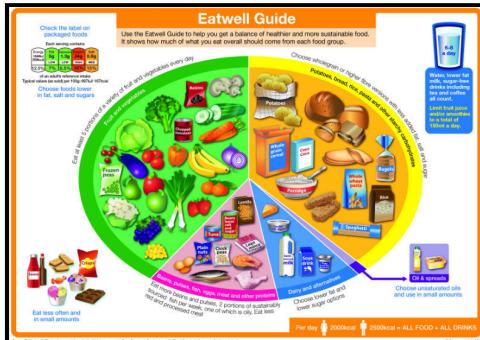
FOOD LABEL DECODER				
ALL MEASURES AS 100G/ML				
LOW	FAT	SATURATES	SUGARS	SALT
HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

For further information contact your local Health Improvement Worker:

Tel: 01461 204741, Mobile: 07776490372

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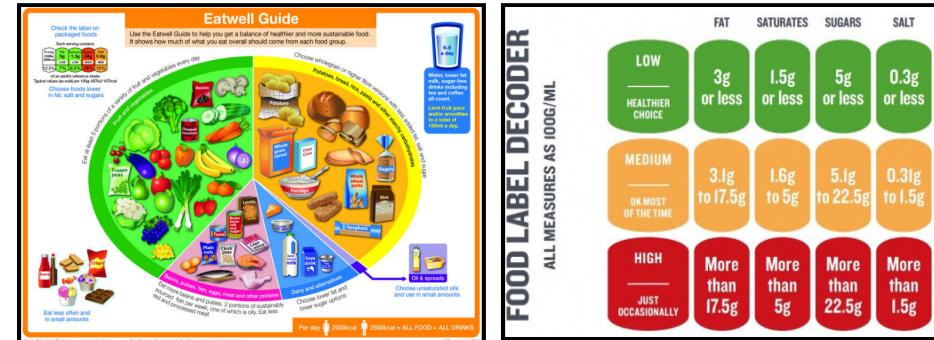


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