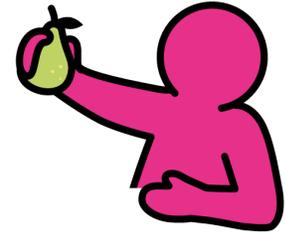




Dance Action Zone Leeds



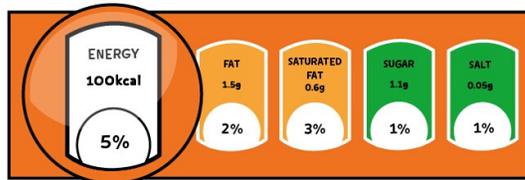
## LET'S STAY HEALTHY WITH DAZL?

While we're all indoors we need to stay as healthy as possible and try get our 5 Fruit and Vegetables a day. We know this isn't always easy to do, so we have created this sheet to help. We have put together some information to support you to each healthier as a family and if you can get online please visit <https://www.nhs.uk/change4life>

### Why food labels matter

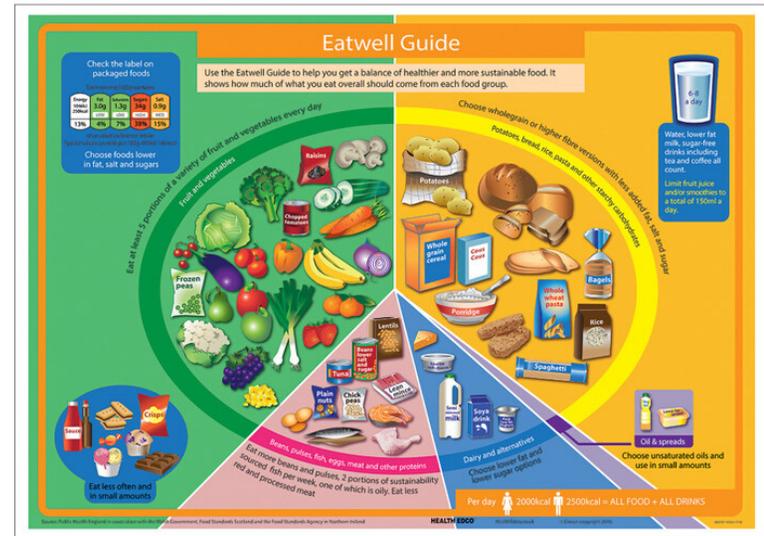
You'll find traffic light labels on most food and drink, usually on the front of the pack. These labels use red, amber and green colour coding to help us understand what's inside our food so we can make healthier choices when shopping. Food labels, also called nutrition labels, show how much sugar, sat fat and salt are inside what we're buying.

When it comes to reading food labels, a good rule of thumb is to go for more greens and ambers, and cut down on reds.



The **Eatwell Guide** shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



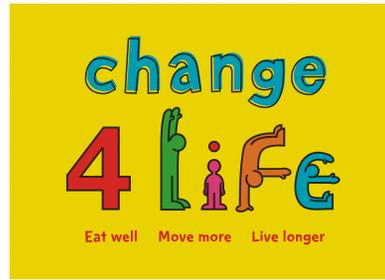
## STAY IN CONTACT WITH US

Call/Text/ Whatsapp: 07519018675

Email: [community@dazl.org.uk](mailto:community@dazl.org.uk)

For FREE online dance classes visit our website:

[www.dazl.org.uk/calendar/](http://www.dazl.org.uk/calendar/)



## Why 5 A Day?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy, and may reduce the risk of disease and some cancers. There are lots of varieties of fruit and vegetables to choose from. Even if you've got a picky eater on your hands, you're bound to find something tasty your child will like!

## What counts as 5 A Day?

**For kids**, the amount they should eat depends on their size and age.

As a rough guide, one portion is the amount they can fit in the palm of their hand.

**For adults**, a portion is 80g fruit: That's a large slice of fruit like melon or pineapple

One medium apple, banana or pear

Two smaller fruits like plums or satsumas

Seven strawberries or 20 raspberries

One handful of grapes Or 30g dried fruit

One heaped tablespoon of dried fruit, such as raisins, cherries or dates

Or 80g of vegetables: That's three heaped tablespoons of peas, beans or pulses

Three heaped tablespoons of veggies like sliced carrots, mixed vegetables or corn

Four heaped tablespoons of cooked green veggies like cabbage and spring greens

Two spears of broccoli or one medium tomato

A dessert bowl of salad greens

