



Tip:

Exercise doesn't have to be sports. Running, biking, skipping rope, playing hide-and-seek and other games is also good for you!



Tip:

Walking together is always more fun. Some of your classmates might live nearby - maybe they want to walk to school together or ride their bikes in the neighbourhood after school.



Tip:

Agree on how long everyone gets to watch TV or use the computer or tablet.

Also agree on when.



Tip:

Try to have a fixed bedtime routine - brush your teeth, get dressed for bed, read a bedtime story...

Did you Know?

You need 9½ to 10½ hours of sleep each night.

Are you getting enough?



Tip:

Use you bed only for sleeping. Stop watching TV or any devices 1 hour before bed.



This Is How We Stay Healthy

National Nutrition Centre
Ministry of Health
Tel: (246) 536 3800
Email: nutrition.centre@barbados.gov.bb
<http://nutritioncentre.health.gov.bb>



Barbados tap water is the best in the world.

Soft drinks and juices, even natural juices, contain too much sugar.



- Make your own fruit cups for snacks
- Add grated carrot to cheese paste sandwiches



Examples of whole grain products:

- Whole wheat bread and crackers
- Brown rice and whole wheat pasta
- Oat flakes and whole grain cereals



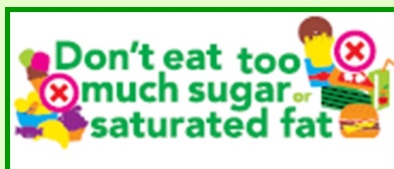
Examples of healthy snacks:

- Fruits - all types
- Raw veggies with dip
- Nuts or trail mix
- Whole grain cereals
- Yogurt
- Plain popcorn



Did you know?

Eating at fixed times helps you to feel less hungry throughout the day so you won't feel like snacking so often.



Tip:

Reward yourself with a fun activity instead of sweets.



Tip:

The easiest way to get enough exercise is by making it part of your daily routine.



Tip:

Look for a sport you like at school or in your community.