

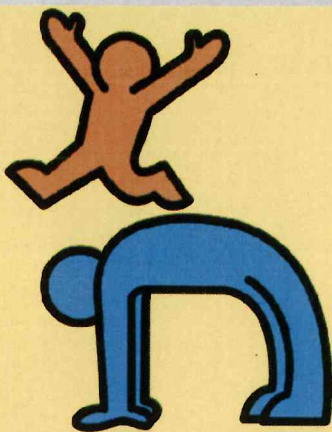
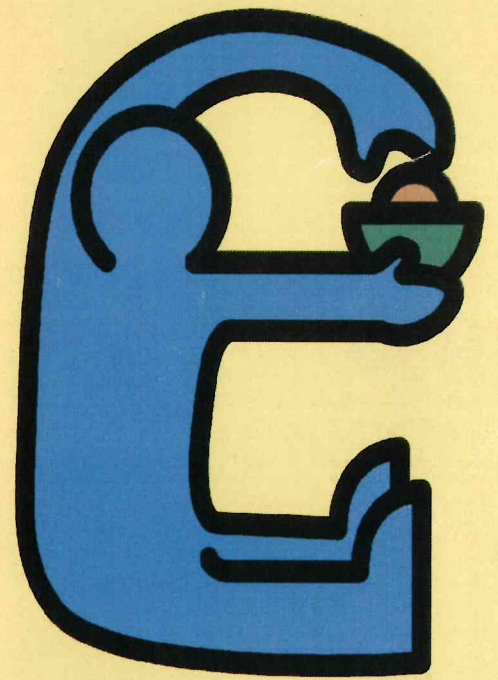
Sugar Swaps - one way to make a Change4Life. Visit www.nhs.uk/change4life for more information.



sugar swaps

Too much sugar can mean excess energy which in turn can lead to stored fat in the body and diseases like type 2 diabetes and heart disease.

More than a 25% of the added sugar in kids' diets comes from sugary drinks, so why not swap these for milk?



active play

It is important to have at least 15 minutes fun and active playtime whilst at school, including running, skipping, jumping and ball games; then to rehydrate with milk before going back into class.

Cool Milk

www.coolmilk.com/change4life

Cool Milk is in support of Change4Life. In order to maintain a healthy weight we need to both eat well and move more. Many families are making changes that will help them live healthier and longer lives. Visit www.nhs.uk/change4life or call 0300 123 4567 for more information.

change
4 life

Eat well Move more Live longer