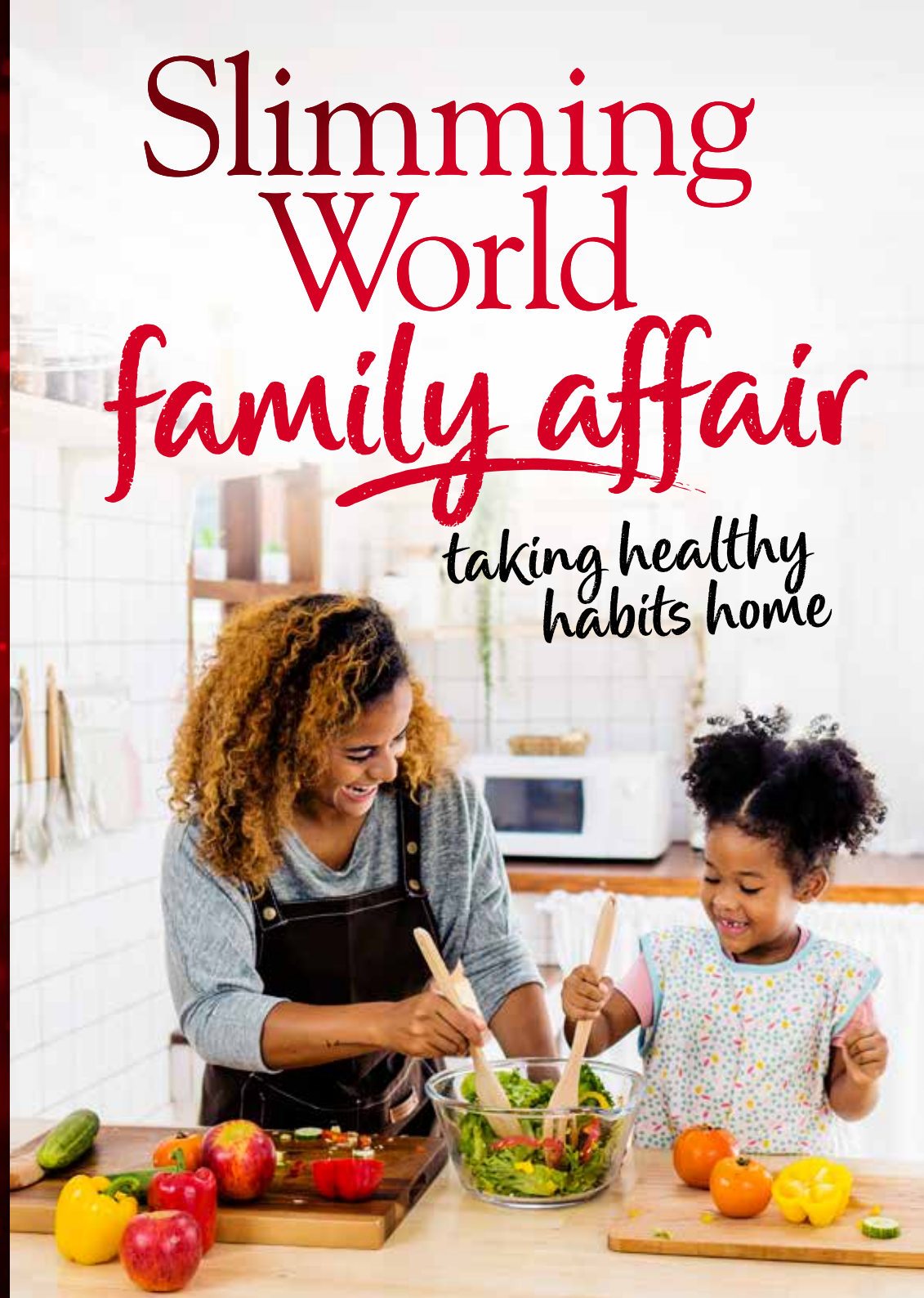


always better
together

Slimming World *family affair*

taking healthy
habits home



laying healthy foundations for the whole family

If you have children at home – or you're a grandparent who looks after the grandchildren from time to time – it's likely that the changes you're making to the way you shop, cook, eat and move are already having a positive impact on your whole family. It's one more unbeatable benefit of Food Optimising.

In fact, our research shows that 77% of members say that, within just 3 months of joining a group, their children were eating more healthily and 41% of our members who've embraced Slimming World's active lifestyle programme have encouraged their family to be more active too!

At Slimming World we've always understood the need for a flexible, family-friendly approach – life's too short (and busy!) to be cooking separate meals! Because our methods are founded on everyday food and activity – that fit with normal life, are fully in line with current guidance and easily personalised for you, your family and your family's lifestyle – they help you to lay healthy foundations that will last a lifetime.

As well as the many family-friendly recipe ideas, tips and swaps you'll discover in group each week, there's a wealth of extra information and inspiration between groups too, including articles and menus on Slimming World's exclusive members' website **LifelineOnline**, on the **Slimming World app**, in **recipe books** and in each issue of **Slimming World Magazine**.

inside these pages you'll discover...

- some of the differences to keep in mind as you shop, cook and eat as a family
- family favourite makeovers to get everyone eating well together
- magic moments... tried and tested ways to exercise and get active as a family or individually



Visit **LifelineOnline** or the **Slimming World app** for extra support on subjects like...

- Should I be concerned about my child's weight?
- How can I give my children the best chance of a healthy future?
- How can I encourage my children to try new food or switch from screentime to more active habits?



make healthy eating a family affair

The principles of Food Optimising – **filling up** on nutritious, filling, naturally lower energy dense foods and **cutting down** on the less healthy, less filling, higher energy dense foods you eat – make it a healthy eating plan that's perfect for the whole family.

When you're following Food Optimising there are some changes that you'll make *for your weight loss* that won't be right to encourage your children and teenagers to follow. For them, the 'rules' can be greatly loosened up so it becomes even more liberating and flexible.

The biggest difference is that **there's absolutely no mention of Swips and no counting.**

As an adult, carefully controlling your Swips is how you tighten up on those foods (and drinks) that may have caused you to gain weight in the first place and that pose the biggest risk to your weight loss.

It's vitally important that young people don't think about food in this way. Instead encourage them to enjoy what they eat and drink as part of a healthy, varied, balanced diet, to find some great swaps where it makes sense and to form life-long healthy habits.

“ I'm really proud that I'm showing my children a healthy lifestyle. I love to cook them homemade meals, and they enjoy trying new things. Every celebration seems to end with us around the table enjoying a Food Optimised roast – and the best part is I can make the full spread – roast potatoes, Yorkshire puddings, gravy – all perfectly Food Optimised! ”

Charlie Grainger, lost 8st (50.8kg) at her group in Scarborough



a guide to eating well together

To help the whole family eat well together, make the majority of meals and snacks with what we know as Free Food and Healthy Extras – healthy, nutritious, filling, delicious! And, if it's needed, encourages the step-by-step reduction of less healthy, higher calorie foods like crisps, chocolate and fast food.

1 unlimited Free Food

Encourage everyone to...

- fill up on these filling foods at mealtimes and between meals
- reach for them when they're hungry
- switch less healthy choices to Free Food choices

2 unlimited Healthy Extras (with a few exceptions)

To help support your children's intake of calcium, fibre and other essential nutrients for their growth and development, encourage them to enjoy a wide variety of Healthy Extras – **a minimum of four a day, including at least two calcium choices.**

For the young members of your family, most Healthy Extras can be enjoyed freely, without limits. To keep things nicely balanced, the exceptions are full fat dairy, nuts, nut butters, seeds, oils and cereal bars which we recommend are limited to a total of three choices a day.

See page 8 for extra guidance tailored to the age of your child.

3 foods that aren't Free or Healthy Extras

They're still on the menu! ...life would be boring without them! Anything that's not Free or a Healthy Extra can be gradually reduced in a more relaxed way that's easy to live with at home, at school or out with friends.

If you're not worried about your child's weight, encourage them to swap some of these for Free Food or Healthy Extras between meals – fabulous healthy habits to develop at this early age and maintain into adulthood.

If you are concerned about your child's weight, help them to gradually reduce those sugary and fatty choices to, say, two a day at first and eventually to one a day.

For example: today might be a McDonald's burger or a pizza **and** a chocolate bar later, or it might be a serving of chips at school **and** an ice-cream at the cinema.

Help them halve the less healthy choices they would normally eat, ultimately (and over time) to one or two portions each day.

There really is no need to ever mention Swips (even though you'll be counting your own).

nutrition know-how for your growing family

if you're breastfeeding

To support you during this time, we have a special version of Food Optimising, personalised especially for you – to help you to stay healthy while you're producing milk for your baby. Please ask your Consultant for a copy of our booklet, *Eating well through pregnancy and breastfeeding*.



children under five years old

Because they're growing so quickly (and always on the go!) very young children use up loads of energy, so they need more foods that are both nutrient rich **and** high-calorie (rather than the nutritious but lower-fat diet you'll naturally be following through Food Optimising).

For growing bones and teeth stick with full-fat dairy*, especially for little ones under the age of two. Semi skimmed milk can be introduced from two years and skimmed is fine for children over five.

Wholegrain **W** and fibre-rich **F** foods are great for us Food Optimisers, because they're so satisfying. However they can fill very young children's tummies too quickly, which leaves less room for other food. That means they could feel full before getting the essential energy and nutrients they need. To help avoid this, aim for a wide variety of food with less wholegrain or high-fibre foods for children under the age of two.

Where you can (and we know it's not always easy!) avoid foods and drinks with added sugar or sweeteners, or use them occasionally to help reduce the risk of dental cavities (from added sugar) and your child's preference for sweetness (from added sweeteners).

**or a fortified dairy alternative where advised by your health care team*



all children and teens

calcium

Rapid bone growth means adolescents need even more calcium than adults. As well as milk, cheese and fortified dairy alternatives, good sources include yogurts, fromage frais, nuts, tofu, fish eaten with edible bones (such as sardines) and green vegetables like broccoli and spring greens.

protein-rich foods

Also important for growth spurts! Good sources include fish, poultry and lean meats, pulses, plant-based proteins, milk and other dairy products.

iron

This is important for growth and muscle development, and especially for girls once their periods start. Lean meat, pulses and green leafy vegetables are great sources (but not always a favourite!). Dried fruit, baked beans, nuts and seeds and fortified breakfast cereals are also good options.

vegetarian and vegan diets

Plant-based diets are increasingly popular with young people, and with a bit of extra planning to ensure they provide all the nutrients we need they can be a very healthy way to eat. As well as having a variety of protein-rich choices (see above), encourage your child to include food that provides plenty of

- iron (from pulses, nuts, dark green leafy vegetables and fortified breakfast cereals)
- vitamin C (good sources include strawberries, oranges and peppers)
- selenium (from unsalted nuts)
- and vitamin B12 (yeast extract, fortified bread and breakfast cereals or a supplement)



nutrition know-how continued...

salt

Too much salt in their diet can put children at risk of high blood pressure and heart disease in later life, and it can encourage a preference for salty food too. For good health, adults are advised to aim to limit their salt intake to no more than 6g (1 level tsp) per day. The recommendations for children are even lower. Because you're more likely to be cooking from scratch with Food Optimising, you'll have greater control over the amount of salt you add to your family meals. Some products – like soy sauce, stock cubes, Marmite, salted or roasted nuts and other savoury snacks – are high in salt so keep an eye out for low sodium/salt alternatives. Other foods that are high in salt are also high in fat too – like crisps, takeaways, pizzas etc so encourage switches to healthier alternatives – it's a win-win! (see page 16)

no pressure, no criticism... plenty of positivity

We understand the pressures older children face – peer pressure, school canteens, fast food – so offer tons of praise and encouragement as they make great decisions around food choices and activity plans.



drink up!

Drinking plenty of fluid is just as important for children as it is for grown-ups. Although swapping to low-calorie fizzy drinks can help reduce sugar intake (a great swap for slimmers!), the high acidity of some soft drinks can damage tooth enamel, especially in children. Water, milk (great for calcium) and no-added-sugar squash are healthy alternatives to fizzy drinks for kids.



sugar and sweetener

Like us adults, it's recommended that older children swap sugar for low-calorie sweeteners in the short term, and to gradually reduce both over time. It's a gentle way to reduce their preference for sweetness, without making it feel like a big change.

healthwise

To help keep their heart healthy, it's recommended that children eat at least two portions of fish a week, including an oily fish choice such as salmon and sardines. There are specific recommendations around the consumption of some fish for children. Find out more at [nhs.uk/live-well](https://www.nhs.uk/live-well).



eating well together

Discovering how to make your family's favourite meals the Food Optimising way is a sure-fire way of saving time in the kitchen, getting everyone to tuck in – no quibbles! – and staying on track with your weight loss. Stay to group each week to hear ideas galore, and if your go-to family staple doesn't come up... ask! Your fellow members will be delighted to share what they cook, and there are a few quick and easy meal ideas here too.

Free Food
is highlighted
in bold.

lasagne

Lean minced beef (5% fat or less) or **Quorn**, canned **tomatoes**, **onions**, **garlic**, **mushrooms**, **peppers** and **pasta** topped with a mixture of whisked **eggs** and **quark**.

veggie stir-fry

Quorn or **Tofu** pieces, **mangetout**, **bean sprouts**, **peppers**, **mushrooms**, soy sauce with **rice** (or **noodles**).

spaghetti bolognese

Dry-fried lean turkey mince (5% fat or less), **onion**, **garlic**, **carrots**, **peppers**, **mushrooms**, **tomato purée**, **chopped tomatoes** with herbs, served with **spaghetti** and **salad**.



pizza-topped chicken

Lean **chicken** breast (all skin removed) topped with **tomato purée**, **mushrooms**, **onions**, **peppers**, **cherry tomatoes**, lean **ham**, **corn** (all your Free pizza topping favourites) plus a **Healthy Extra** portion of **cheese**. Serve with **salad** and **Slimming World chips** – delish!

burger and chips

Lean minced beef (5% fat or less), **onions**, **worcestershire sauce**, **potatoes**, **gherkins**, sliced **tomatoes**, **lettuce**.

salmon fishcakes

Salmon, mixed with **potatoes**, **onions** and **egg**, grilled or fried using low calorie cooking spray. Served with **peas** and **carrots** or a colourful **salad**.



veg curry

Sweet potato, **onion**, **garlic**, **spinach**, **curry powder**, **chopped tomatoes**, **tomato purée**, **stock**, with **rice** – perfect for a Friday night fakeaway!

“I love cooking the Slimming World way and my new enthusiasm has rubbed off on the children, too. We write our favourite Food Optimising meals on lollipop sticks, so every week they pick two each out of the jar for us all to cook together. The first time we made Asher's favourite of meatballs with spaghetti and tomato sauce, we all sat down at the table and Izzy announced, 'This is the best food I've ever eaten!' I thought my heart would burst with happiness and pride.”

James Garner who lost 12st 3½lbs (78kg) at his Littleport group



You'll discover more ideas for feeding the family – including dishes that should be a hit with even the fussiest of eaters 😊 – on LifelineOnline and the Slimming World app.

snack-tactics!

Depriving children of their favourite treats like sweets and crisps can be counterproductive – and no one wants a snack stand-off! If you're worried about the number of high-sugar, high-fat snacks your kids are eating, help them to reduce them, step-by-step, and find great swaps to healthier alternatives (all without counting – or even talking about – Swips).



- ✓ fresh **fruit** – keep the fruit bowl topped up, and make it the first stop at snack time!
- ✓ ready-to-eat mini **chicken fillets or legs**, or cold slices of **lean meats** like **skinless cooked chicken** or **turkey**

- ✓ plain nuts
- ✓ cheeses like Mini Babybel, cheese triangles and cheese slices (throw in a crispbread for extra crunch!)
- ✓ lower-fat biscuits like Jaffa cakes
- ✓ sugar-free ice lollies
- ✓ savoury snacks like Quavers, French Fries and Skips
- ✓ fun-size chocolate bars
- ✓ no-added-sugar, low-fat yogurts



encourage decision-making and praise great choices

Just like us adults, children are more likely to stick with something they've chosen to do for themselves. If they're pressured to do something (or eat something!) that isn't their own choice, chances are they'll rebel – quietly or otherwise – and they **will** find ways to avoid doing it, often quite *imaginative ways*!

Instead, praise the smallest of positive changes and every good decision. After all, what gets praised gets repeated, and when we do something regularly, it becomes a routine... setting your kids up for a healthier, fitter future.

ready, steady... bake!

Visit LifelineOnline or the Slimming World app for Food Optimising favourites you can all enjoy – from creamy cheesecakes to fruity pancakes.



cool swaps!



swap these

for these...

... or better still these

McDonald's
Big Mac



McDonald's plain
hamburger



Slimming World home-made beefburger
in a wholemeal roll with **Free chips** and
piles of salad!

Fish and chips



Fish with the batter
taken off, **mushy peas**
and a few chips



Slimming World chunky
fish fingers and **chips** and **peas!**

Takeaway
stuffed crust pizza



Takeaway vegetable
thin-base pizza



Toasted wholemeal rolls piled with
tomatoes, peppers, mushrooms,
sweetcorn and mozzarella cheese!

Chinese takeaway –
battered sweet and
sour chicken, fried rice
and prawn crackers



Chinese takeaway –
chicken chow mein and
plain rice



Loads of chicken, mushrooms, bean
sprouts, water chestnuts and **spring**
onions stir-fried in a wok with **soy sauce**
and **noodles** or **Slimming World egg fried**
rice (see LifelineOnline for the recipe)

Cheese & onion
sandwich



'healthy range'
cheese & salad
sandwich



Home-made mega cheese sandwich with
wholemeal bread, **cheese** and **onions**
with lots of **beetroot, homemade**
coleslaw and
sliced egg on the side

Cake bars/
biscuits/chocolate



Jaffa cakes, Milky Way,
2 finger Kit Kat



Hi-fi bar, yogurts, snack box of raisins

Crisps



Quavers, Snack-a-jacks,
French Fries, Walkers
Baked Crisps



Ryvitas, crispbreads, mixed nuts

Search the
Slimming World
website for these
delicious ideas...
and more!



get active as a family

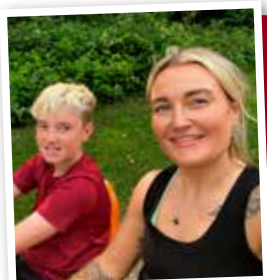
Just as Food Optimising is perfect to bring home healthy eating habits, Slimming World's active lifestyle programme is brilliant to inspire the whole family to get more active (or to take that first step together).

By introducing the benefits and fun of activity to children, you're embedding healthy habits for them to build on as they grow up... giving them the very best chance of maintaining a fit and active lifestyle for life.

The recommended physical activity levels are higher for 5 to 18-year-olds than adults – with an ultimate aim of 60 minutes of at least moderate intensity activity each day (on average) across the week. That can be in one long session (like PE or a weekend dance class) or shorter bouts (the walk to and from school and football at lunchtime!).

It's also important for children and young people to do a variety of aerobic and strengthening activities of different intensity across the week to help them develop their movement skills, muscles and bones. Just like us adults, it's recommended that young people reduce the amount of time they spend sitting still too...

*so you can see how our active lifestyle
programme fits perfectly for the whole family!*



“Making healthy choices has brought so much energy and joy to our family. I love that my two boys, Oscar and Harrison want to join in – whether it's going for a bike ride or playing chase in the park, we're making wonderful memories while learning to love being active together.”

Brodie Marks, lost 4st 7lbs (29kg) at her group in Ripley

When you bring together Food Optimising and an active lifestyle, you've got a winning formula for a lifelong, healthy lifestyle. By incorporating it into family life, you're helping the health-boosting benefits to span generations!

TikTok dance-offs
frisbee in the park
swimming badminton
walking footie match
the dog ball games
walking to school
bike rides
tennis

