

Children's Healthy Living First Line Advice



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

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

01



Information to help families eat well and move more. Experiment with delicious recipes, lunch box ideas and more!

<https://www.nhs.uk/healthier-families/>

02



Includes a Body Mass Index (BMI) calculator for children and teenagers, information on what your BMI means and advice on next steps.

<https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/>

03



An independent public health nutrition charity that offers resources around eating well from pre-conception to five years

<https://www.firststepsnutrition.org>

04



Resources written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy

<https://www.bda.uk.com/food-health/food-facts.html>

05



For tips and advice for all the challenges that family life throws up, from experts and parents and carers who've been there before.

<https://www.parentclub.scot>

06



Self-Referral

You can self-refer to the Dietetics department for further support by leaving your name, date of birth and contact telephone number at either:

Voicemail: 01631 789 041

Email: nhsh.dietitiansdirect@nhs.scot