Eat fruits and vegetables every day

Tip: Try to include fruits and vegetables in your diet. Have oatmeal with fresh fruit for breakfast, or make a sandwich for lunch with toppings like cucumber, tomato and cold meats.

How much fruit and veg per day?

Ages 1-3:
- 1.5 pieces of fruit
- 1-2 serving spoons of vegetables

Ages 4-8:
- 1.5 pieces of fruit
- 2-3 serving spoons of vegetables

Ages 9-13:
- 2 pieces of fruit
- 3-4 serving spoons of vegetables

Ages 14-18:
- 2 pieces of fruit
- 4 serving spoons of vegetables

Did you know?
Dutch tap water is the best in the world.
Tip: Liven up your glass of water with a straw, ice cubes, a slice of cucumber or some mint – or use your favourite mug.

Did you know?
Eating at fixed times helps you feel less hungry throughout the day, so you won’t feel like snacking as much.
Tip: Keep to fixed meal times. For example: breakfast → snack → lunch → snack → dinner.

Did you know?
Breastfeeding your baby is better than using formula.
Breastfeeding protects babies against diseases. Your body’s hormones and reflexes make sure your baby gets all the nutrition it needs.
Babies who are breastfed are less likely to be overweight later in life.

Did you know?
Children without a TV in their bedroom are more likely to have a healthy weight.
Tip: Stop watching TV or using any devices 1 hour before going to bed.
Tip: Use your bed only for sleeping.

Get a good night’s sleep

How many hours of sleep per night?

Ages 0-1: ± 14 - 16 hours
Ages 1-2: ± 12-14 hours
Ages 2-4: ± 11-13 hours
Ages 4-6: ± 11 hours
Ages 6-8: ± 10.5 hours
Ages 8-10: ± 10 hours
Ages 10-12: ± 9.5 hours
Ages 12-18: ± 9 hours

Get enough sleep

Tip: Try to have a fixed bedtime ritual for your children. For example: first they brush their teeth and get dressed for bed, then read them a bedtime story before tucking them in.

No TVs or tablets in the bedroom

Tip: Stop watching TV or using any devices 1 hour before going to bed.

Did you know?
Children without a TV in their bedroom are more likely to have a healthy weight.
Zo blijven wij gezond, jij toch ook?

School

Voor meer tips en advies:
amsterdam.nl/aanpakgezondgewicht

This is how we stay healthy.

Drink water from the tap
Eat fruits and vegetables every day
Eat meals and snacks a day
Breastfeed your baby if possible
Don’t eat too much sugar or saturated fat

Get a good night’s sleep
Have a fixed bedtime
Get enough sleep

No TVs or tablets in the bedroom

Get active

Play outside
Be active for at least 1 hour a day
Pick up a sport
Walk or bike to school

For more tips and advice:
amsterdam.nl/zoblijvenwijgezond