

Concerned about suicide?

When someone is thinking of taking their own life, it is frightening for everyone involved. You might find it hard to understand what they are going through and you might be uncertain as to how you can help. This leaflet has helpful information for anyone concerned about suicide.

at Hand

Support after someone may
have died by suicide in
Northern Ireland





The Pregnancy Book 2026



Your complete guide
to:

A healthy pregnancy
Labour and childbirth
The first weeks with your
new baby





Birth to five 2026



This book gives you information on:

- Becoming a parent
- Taking care of yourself and your child
- Finding practical help and support



Vitamin D and you



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1046kJ 249kcal	3.0g	1.3g	34g	0.8g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 667kJ/ 157kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, 2 portions of sustainably sourced red and processed meat



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINK

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Folic acid



One of life's
essentials



Enjoy head

Weaning made easy

moving from milk to family meals



HSC Public Health
Agency

Getting a good start

healthy eating from one to five



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