

# Northern Ireland Self-harm Registry Regional Report 2022/23 & 2023/24

# Healthy choices

Choose wisely: advice for parents on nutrition and activity for primary school children



# 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
1000kcal	3.0g	1.3g	34g	0.8g
2000kcal	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 667kcal/167kcal

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



Dairy and alternatives  
Choose lower fat and lower sugar options



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

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Oil & spreads  
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.

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

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