

Thursday, 19 March 2026

[Health and Social Wellbeing Improvement](#)



**Promoting healthier food and drink**

A good practice guide for physical activity leaders and sports coaches

[www.choosetolivebetter.com](http://www.choosetolivebetter.com)

This guide aims to provide physical activity leaders and sports coaches with advice on healthier food and drink options in settings where physical activity or sport is taking place or is promoted.

Based on original text by Active Belfast, it has been peer reviewed by the Public Health Dietitians Group Northern Ireland.

## Details

Format

A4 16 pages

Target group

Physical activity leaders and sports coaches

# Downloads

Attachment	Size
<a href="#">Promoting healthier food and drink (March 2026)</a>	2.84 MB

## Tags

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