



Promoting healthier food and drink

A good practice guide for physical activity leaders
and sports coaches

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Promoting healthier food and drink - A good practice guide for physical activity leaders and sports coaches

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.

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Details

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Target group

Physical activity leaders and sports coaches

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