


Healthy
Eating




Healthy Eating



Eating healthy foods keeps your body in good working order.



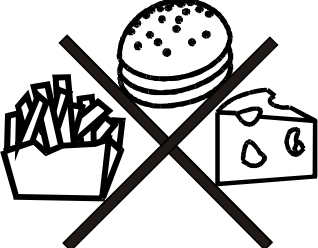
Eat 5 portions of Fruit and vegetables every day.



Drink plenty of water every day.



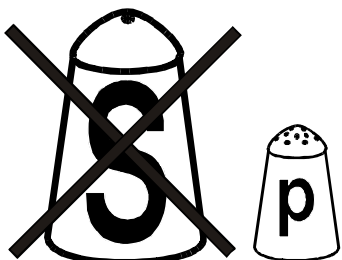
Healthy Eating



Eat food that is low in fat.



Eat food that is low in sugar.



Eat food that is low in salt.



Eat food that is high in fibre