



10 WAYS TO EAT BETTER



Try to eat 3, regular meals a day



Make sure you eat a complete, nourishing breakfast :
it is the most important meal of the day!



Take time to eat meals slowly (min 20mins) whilst sitting down and never just before going to bed



If you are craving a snack between meal times, opt for a healthy option such as dried or fresh fruit, carrot sticks...



Drink 1 to 2 L of water or herbal teas every day, avoiding sugary, fizzy drinks



Eat at least 5 portions of fruit and/or vegetables of various colours every day (1 portion = 1 handful = 120g for an adult)



Choose wholegrain starchy foods such as bread, cereals, rice or pasta (around 75g x3/day)



Eat 3 portions of dairy products and 1 to 2 portions of fish, meat, poultry or eggs every day...



Sugary/salty snacks are to be avoided and eaten only as an occasional treat



Avoid buying readymade meals and try to take time to cook and vary what you eat

