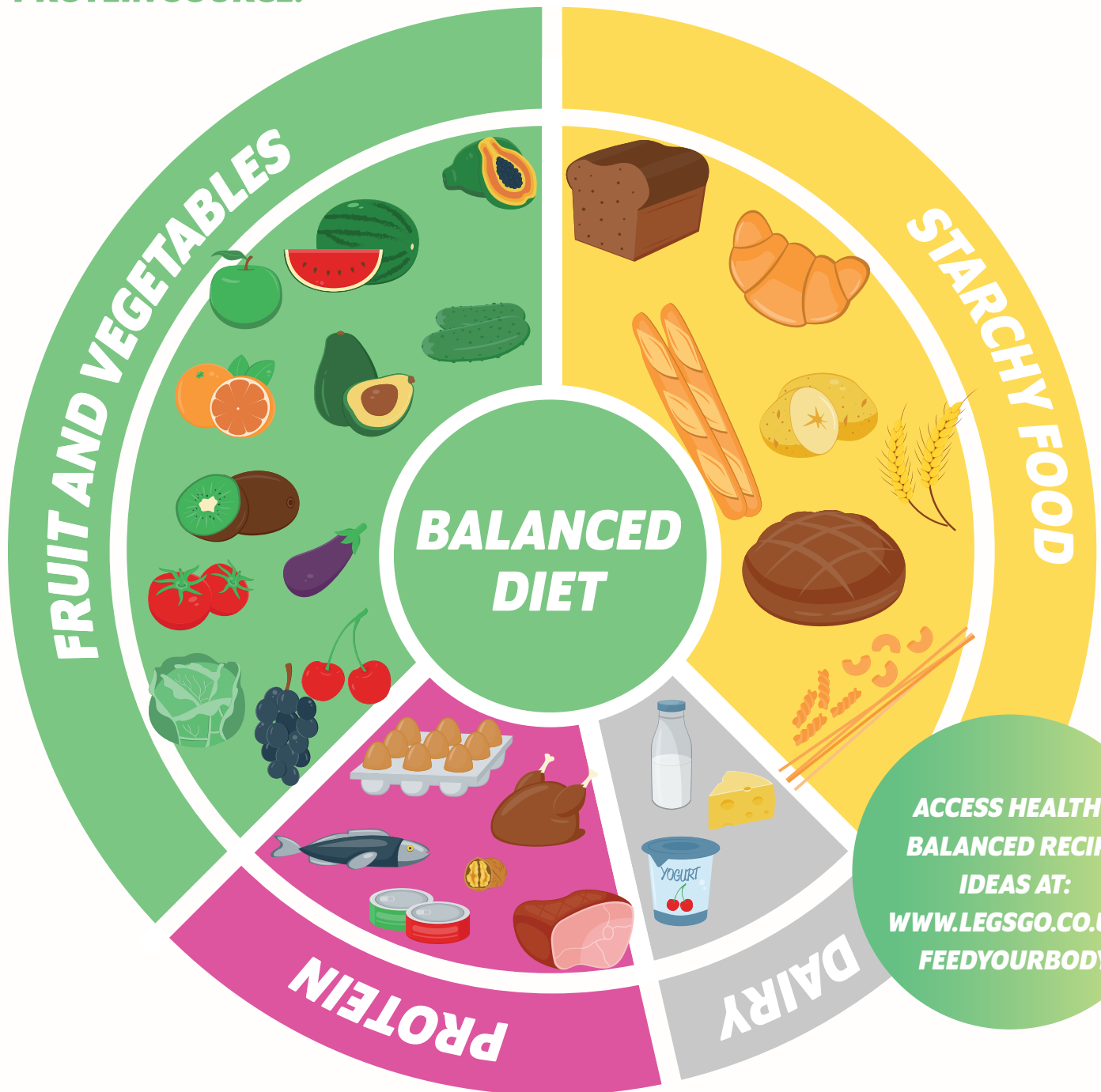


PLAN YOUR LIST AROUND HEALTHY OPTIONS FROM THE MAIN FOOD GROUPS. AIM FOR AT LEAST 5 PORTIONS OF FRUIT AND VEGETABLES A DAY, GO FOR WHOLEGRAIN CARBOHYDRATES NOW-AND-AGAIN, AND GO FOR LOWER FAT FOODS WHERE POSSIBLE FOR YOUR PROTEIN SOURCE.

FEED YOUR BODY



FIND OUT MORE ABOUT THE EATWELL GUIDE AT:
WWW.NHS.UK/LIVE-WELL/EAT-WELL/FOOD-GUIDELINES-AND-FOOD-LABELS/THE-EATWELL-GUIDE/