

Food and wellbeing

- **Aim for 5 fruit and veg a day**
- **Drink plenty of water**
- **Try not to skip breakfast**
- **Cut down on saturated fat and sugar**
- **Watch your salt intake**
- **Try to eat 3 balanced meals a day**
(Check out the Eatwell Plate - nothing is banned, just in proportion)



Did you know?

The food you eat can affect your mood

