

### Find your healthier you

# Know the facts

#### **Eat well**

Choose a wide range of healthier foods in the right proportions.

## **Increase** your fibre

Make sure you get your 5 A DAY and eat more wholegrains.

#### **Drink plenty**

Have at least 6-8 drinks a day.



The British Nutrition Foundation Healthy Eating Week is developed by the British Nutrition Foundation and supported by the Agriculture & Horticulture Development Board (AHDB), Old El Paso, Green Giant, innocent drinks, Waitrose & Partners and Warburtons.

