

Find your healthier you Make healthier you healthier you healthier you healthier you healthier h

Read the label

Compare nutrition labels to make healthier choices.



Get portion wise

Choose the right size portion for you.

Make super swaps

Go for lower salt, fat and sugar options.

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.

