

## Healthy Eating Week – For Everyone!



**Have more wholegrain foods, fruit and vegetables, beans, peas and lentils.**



**Have at least 5 portions of a variety of fruit and vegetables every day.**



**Eat a wider variety of protein foods and choose plant protein sources more often.**



**Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.**



**Aim for the right amount when you shop, cook and eat to avoid throwing food away.**