

Activity Hub

Stay Active



activityhub@smh.ie

Healthy Eating Tips





Try eat the seven colours of the rainbow in fruit and vegetables a day.



Try fruit in different ways.

smoothies, dried, stewed or in a fruit salad.



A bowl of vegetable soup is a good way to eat your vegetables.







Choose low fat option for custard, yoghurt, butter and milk.



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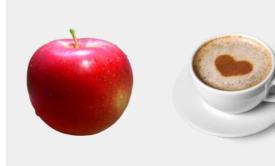
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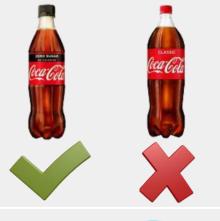
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Healthy Eating Tips





Apples give you more energy than coffee.



Try a sugar free or diet fizzy drink instead of full sugar.



Try flavoured water or squash instead of fizzy drinks.



It's okay to have an occasional treat, eat a small size instead.