



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.



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.