

# 8 Tips for Healthy Eating

Enjoy a variety of foods choosing the right amounts from each food group



Base your meals on starchy foods and choose whole grains where possible



Eat at least 5 portions of a variety of fruit and vegetables every day



Aim for at least two portions of fish a week, one of which should be oily



Try to eat less than 6 g (around 1 teaspoon) of salt each day



Cut back on saturated fat and sugar



Get active and maintain a healthy weight

Keep hydrated, aim for 8-10 glasses of fluid each day



Don't skip breakfast!

