

Eat well for you and the planet!

## Get at least 5 A DAY



## Put plenty on your plate

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

The British Nutrition Foundation's Healthy Eating Week 2022 is developed by the British Nutrition Foundation and supported by Tesco, Quorn Foods, Sodexo, AB Mauri UK & Ireland, Agriculture & Horticulture Development Board (AHDB), FDF Action on Fibre, General Mills, innocent drinks, Marks and Spencer plc, UK Flour Millers and Waitrose & Partners.

