

Eat well for you and the planet!

Focus on fibre



For meals and snacks

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

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.