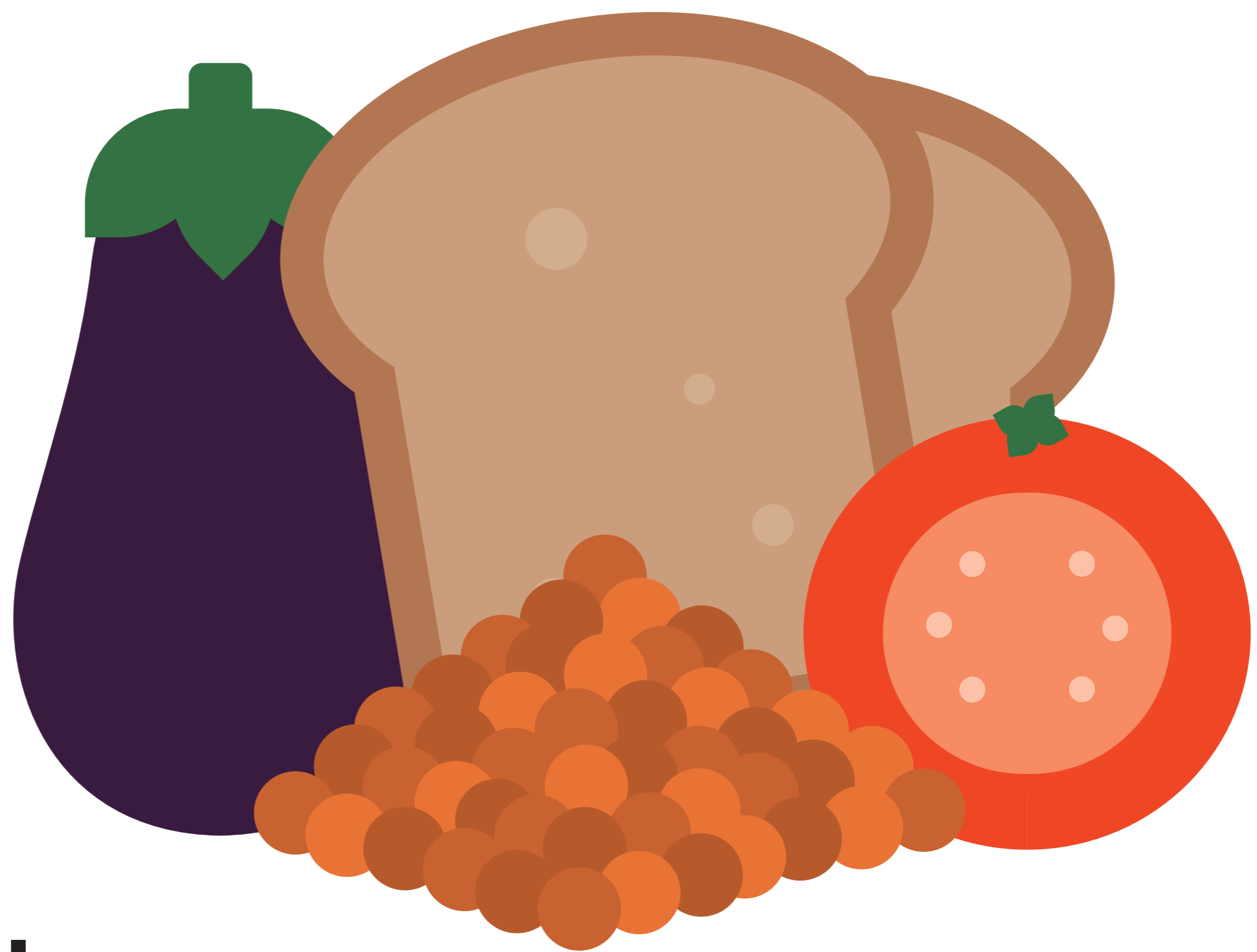


Eat well for you and the planet!

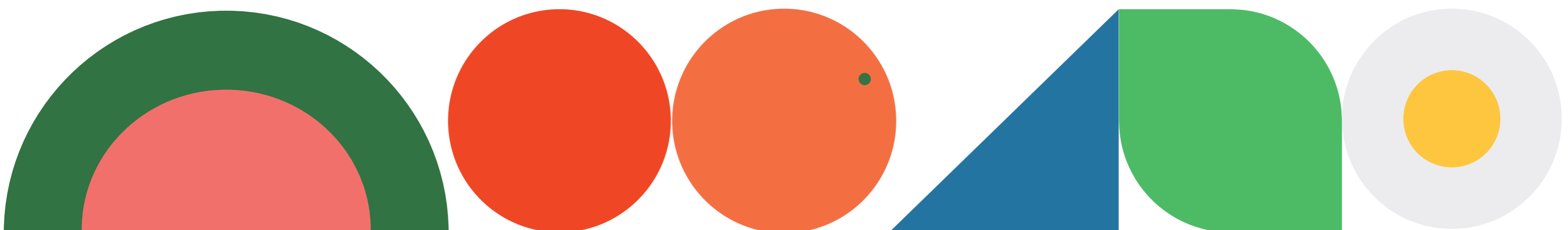
Focus on fibre



For meals and snacks

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

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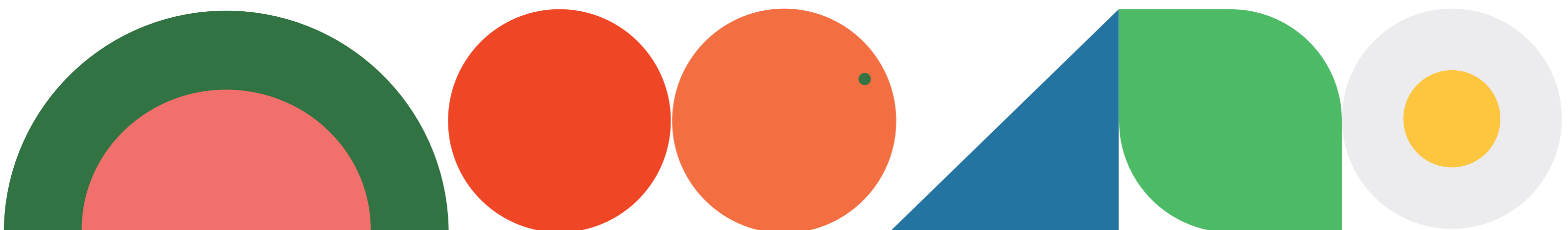
Get at least 5 A DAY



Put plenty on your plate

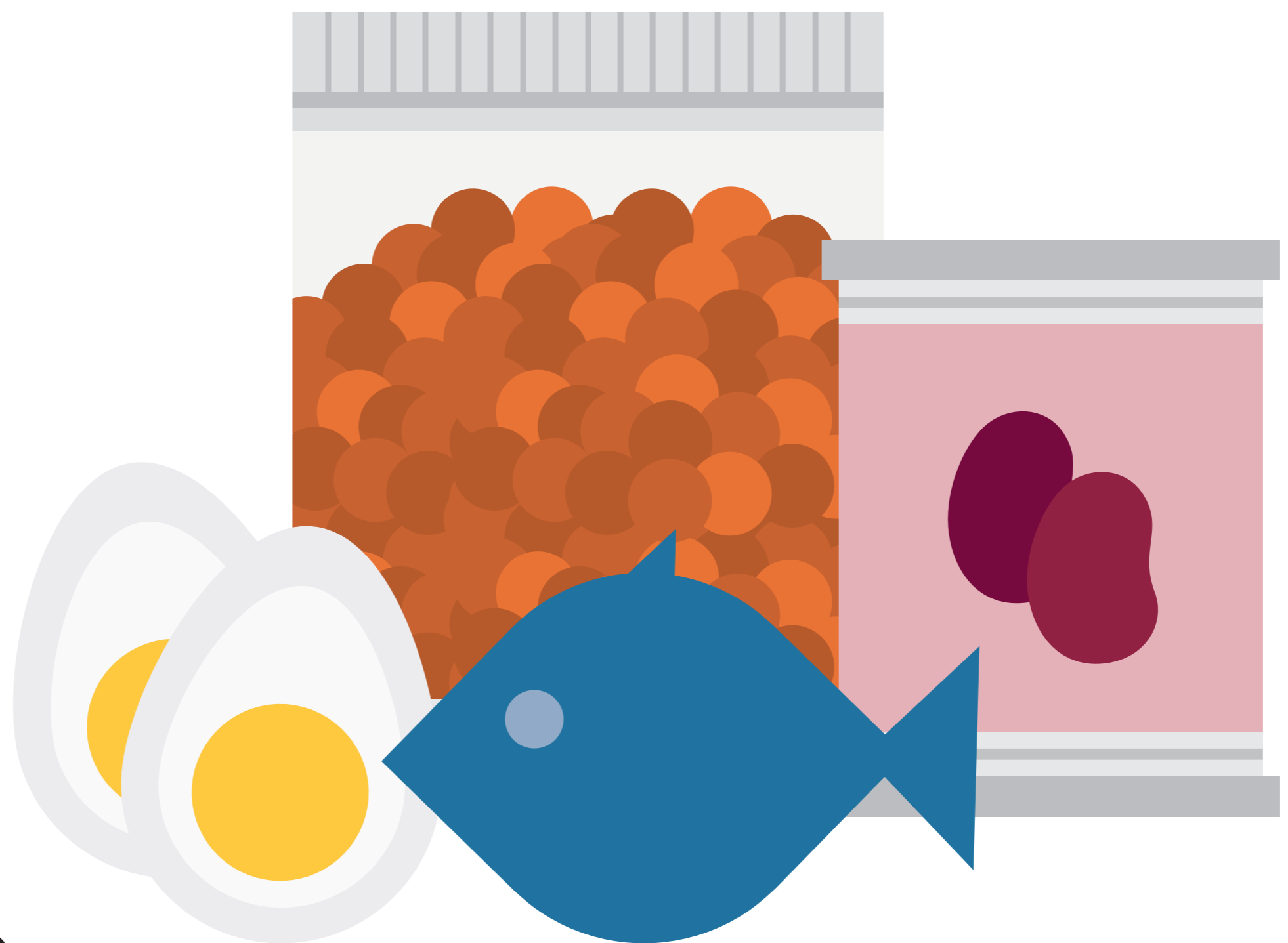
Have at least 5 portions of a variety
of fruit and vegetables every day

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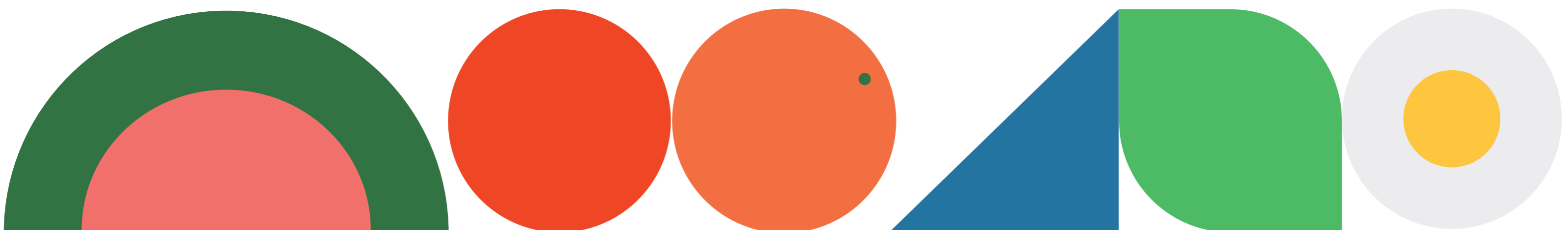
Vary your Protein



Be more creative

Eat a wider variety of protein foods and
choose plant protein sources more often

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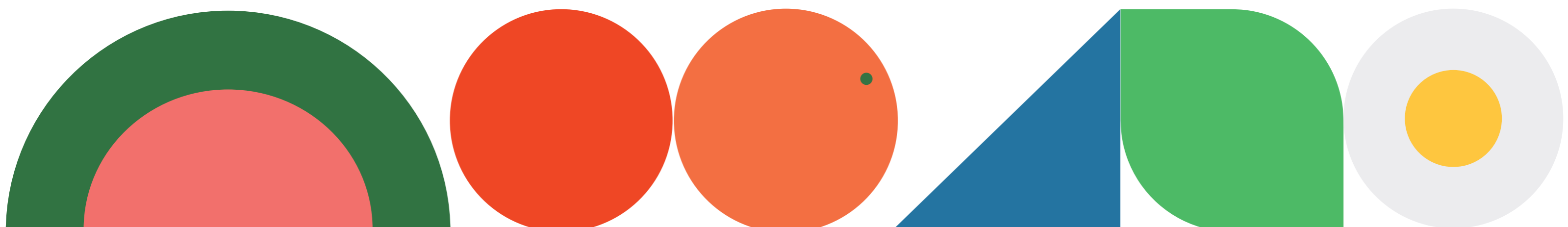
Stay hydrated



Fill up from the tap

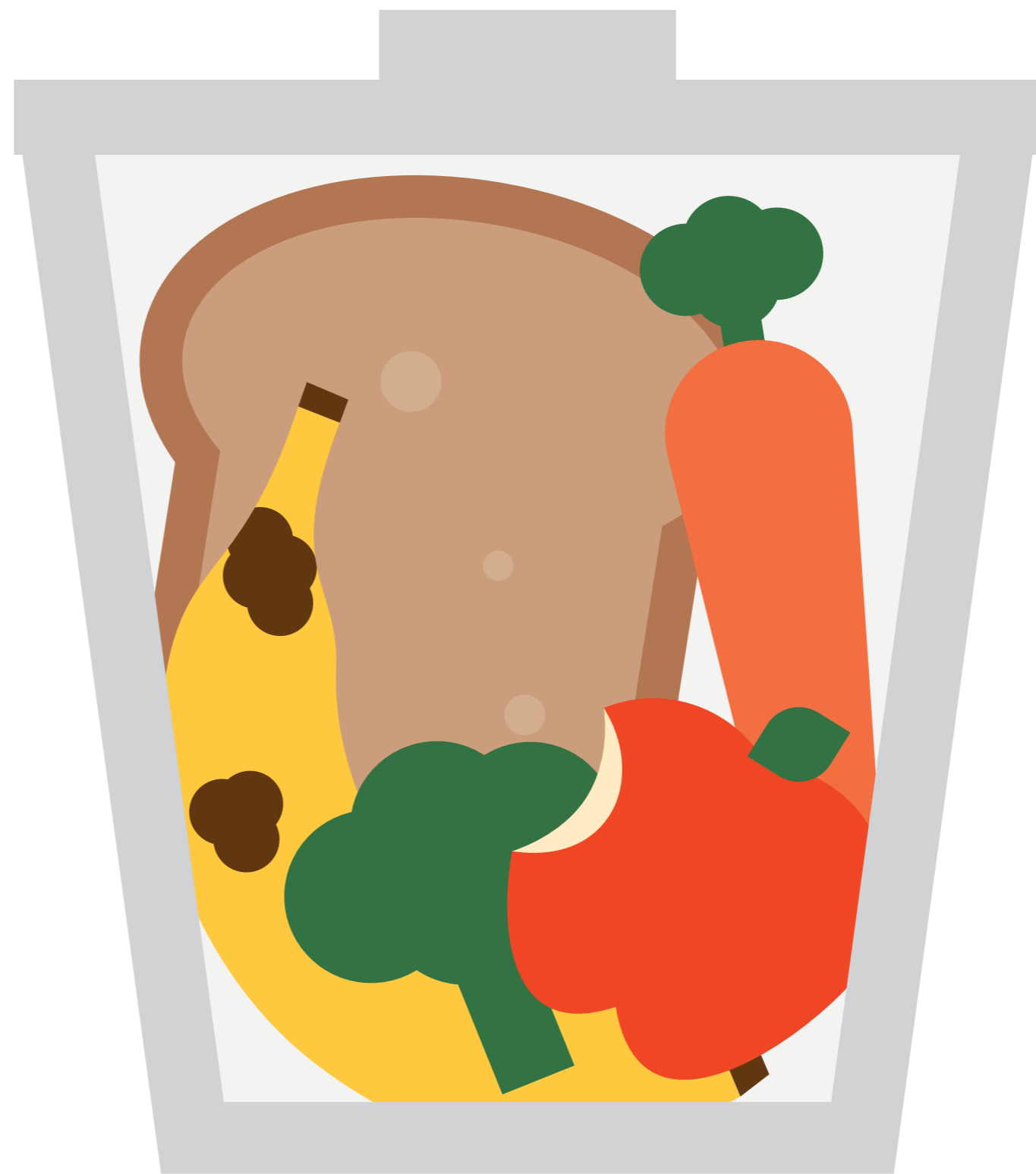
Have about 6-8 drinks a day and choose reusable or recyclable drinks containers

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Eat well for you and the planet!

Reduce food waste



Know your portions

Aim for the right amount when you shop, cook and eat to avoid throwing food away

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