

Eat well for you and the planet!



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



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



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



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



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

Share your plans with us on twitter @NutritionOrgUK #HEW22 or email them to us at postbox@nutrition.org.uk