

BNF gives you 12 healthy days of Christmas...

**On the first day of Christmas
BNF gave to me
a turkey with low salt gravy**

**On the second day of Christmas
BNF gave to me
2 fillets of fish
(one which was oily)**



**On the third day of Christmas
BNF gave to me
3 portions of dairy
(for my calcium)**

**On the fourth day of Christmas
BNF gave to me
4 tablespoons of kale
(that's 1 of my 5 A DAY)**



**On the fifth day of Christmas
BNF gave to me
5 fruit and veg**

**On the sixth day of Christmas
BNF gave to me
6g of salt
(that's my maximum)**

**On the seventh day of Christmas
BNF gave to me
7 Brussels sprouts
(good for my vitamin C)**

**On the eighth day of Christmas
BNF gave to me
8 glasses of water
(for my hydration)**



**On the ninth day of Christmas
BNF gave to me
9 unsalted nuts
(for a healthy snack)**

**On the tenth day of Christmas
BNF gave to me
10 micrograms of vitamin D
(my recommended daily amount)**

**On the eleventh day of Christmas
BNF gave to me
11 grams of oil
(a tablespoon of unsaturated)**

**On the twelfth day of Christmas
BNF gave to me
12 press ups
(for my physical activity)**



All together now!

**On the twelfth day of Christmas
BNF gave to me:**

12 press ups

11 grams of oil

10 micrograms of vitamin D

9 unsalted nuts

8 glasses of water

7 Brussels sprouts

6 grams of salt

5 fruit and veg

4 tablespoons of kale

3 portions of dairy

2 fillets of fish

AND

A TURKEY WITH LOW SALT GRAVY