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Healthy Eating Week – For Everyone!



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

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

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

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

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