

Focus on fibre



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



Get at least
five
a day

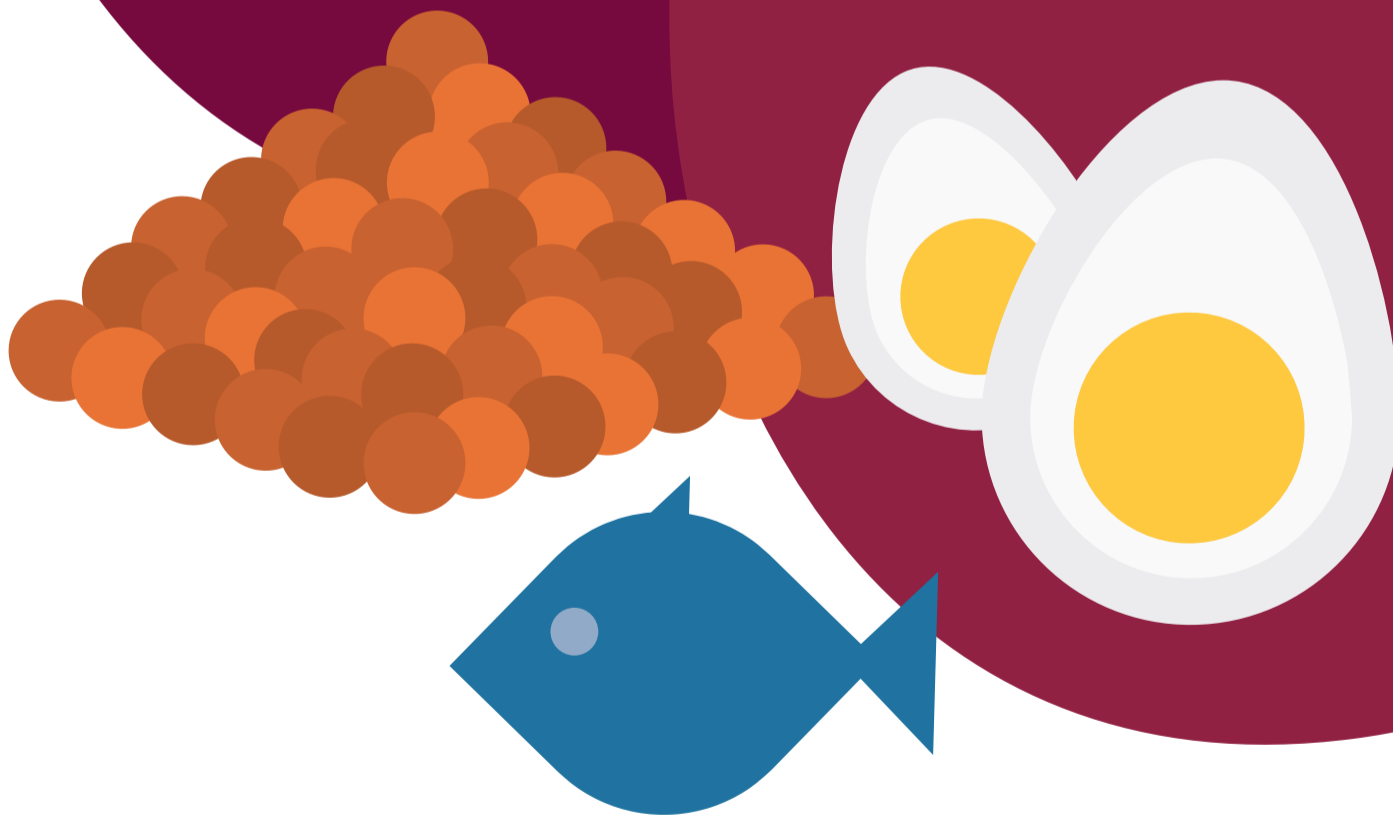
**Fresh, frozen, dried
and canned all count!**

Stay
hydrated



**Have about 6-8 drinks a day.
Tap water is a great choice.**

Vary your protein



**Eat a wider variety. Get creative
with beans, peas and lentils.**

Reduce food waste



**Aim for the right amount at
mealtimes and cooking to avoid
throwing food away.**