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Helping you make healthier choices

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Top tips for healthy eating



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Top tip:

Base your meals on
starchy foods



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Top tip:

Eat lots of fruit and veg



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Top tip:
Eat more fish



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Top tip:

Cut down on saturated
fat and sugar



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Top tip:

Try to eat less salt



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Top tip:

Get active and try to be
a healthy weight



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Top tip:

Drink plenty of water



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Top tip:

Don't skip breakfast



Base your meals
on starchy foods



Eat lots of fruit and veg



Eat more fish – including a
portion of oily fish each week



Cut down on saturated
fat and sugar



Try to eat less salt – no more
than 6g a day for adults



Get active and try to
be a healthy weight



Drink plenty of water



Don't skip breakfast

For more information about food,
including specific advice for children,
women and older people, visit the
Food Standards Agency's websites:

eatwell.gov.uk

food.gov.uk

salt.gov.uk

For information about publications
produced by the Agency, or to place
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