



HEALTHY FOOD



Eating a
varied diet
can help you to get
all of the nutrients
your body needs.

DID YOU KNOW?
you should try to eat
at least 5 different
portions of fruit and
vegetables per day



What counts
as 1 portion?
1 portion of fruit
or veg is about the
size of your fist.



FAB TIPS

- drinks are important too
- swap something fizzy for something juicy
- try not to have food and drink with lots of added sugar



School for
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