

# Here are some tips to help you eat more healthily!



## 1 Don't skip breakfast!

Skipping meals won't help you lose weight and it is not good for you, because you can miss out on important nutrients.

## 2 Get your 5 a day!

Fruit and vegetables are good sources of many of the vitamins and minerals your body needs.

## 3 Eat healthier snacks...

Cut down on food and drinks that are high in fat, sugar and salt, such as sweets, chocolate bars, cakes, biscuits, sugary fizzy drinks and crisps, which are high in calories (energy). Consuming too many calories can lead to weight gain and becoming overweight.

## 4 Stay hydrated.

Aim to drink six to eight glasses of fluids a day – water and lower-fat milk are all healthy choices.

