

What's on your plate?

The eatwell plate, pictured below, shows how much of what you eat should come from each food group. How does your own plate match up?



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4 life
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6 ways to feel better fast

Swaps to get you up & about:

1

Swapping your usual bus or car journey to work for walking or cycling is a great way to build up to 30 minutes of moderate activity, 5 times a week.

Portion swap:



Could you swap a portion of chips for a portion of veg or salad with your main course?

2

3

Snack swap:

Craving chocolate, biscuits or cake? Try some fresh fruit such as strawberries or grapes instead.



Swap for 5 A DAY:

Swap one of your daily teas or coffees at work for a glass of 100% unsweetened fruit juice.

4

5

Fibre swap:

White bread contains very little fibre, so choose sandwiches made with wholemeal or wholegrain bread.



Drink swap:



Try halving the sugar in your tea or coffee - you probably won't even taste the difference!

6