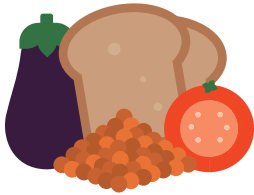


Eat well for you and the planet!

Register now for Healthy Eating Week

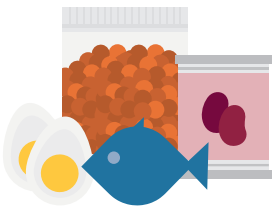
13-17 June 2022



Focus on fibre



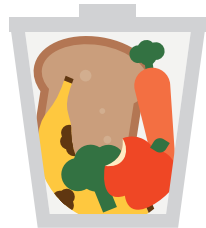
Get at least 5 A DAY



Vary your protein



Stay hydrated

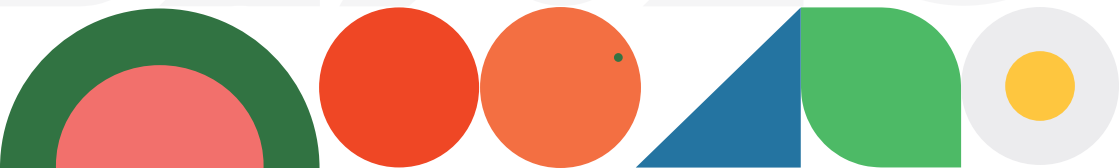


Reduce food waste

We are creating free resources to help you run your week, including activity packs, posters, health trackers, certificates and online events.

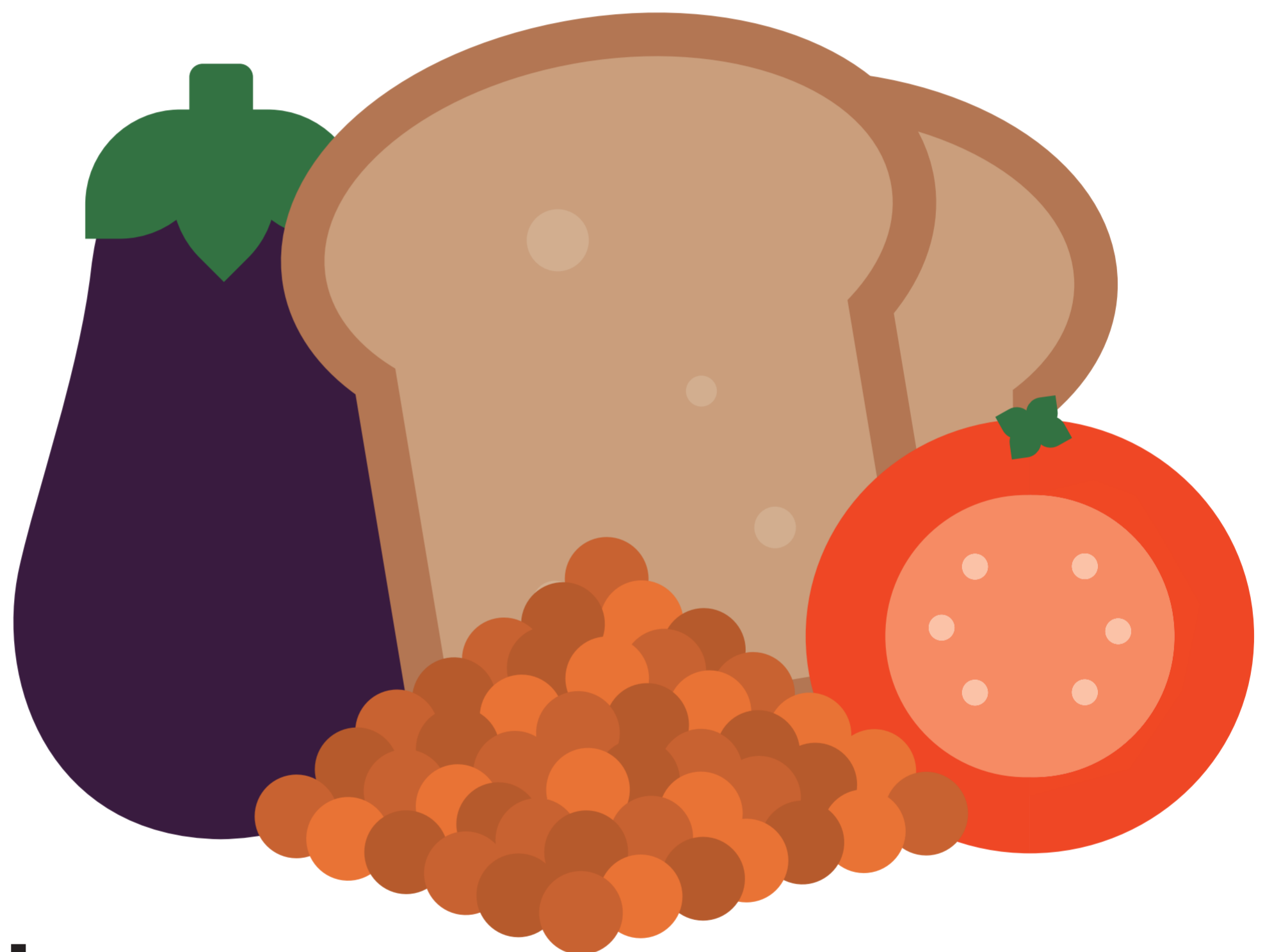
Register for free at www.healthyeatingweek.org.uk

It's a great way to show that you value and support healthier and more sustainable lifestyles!



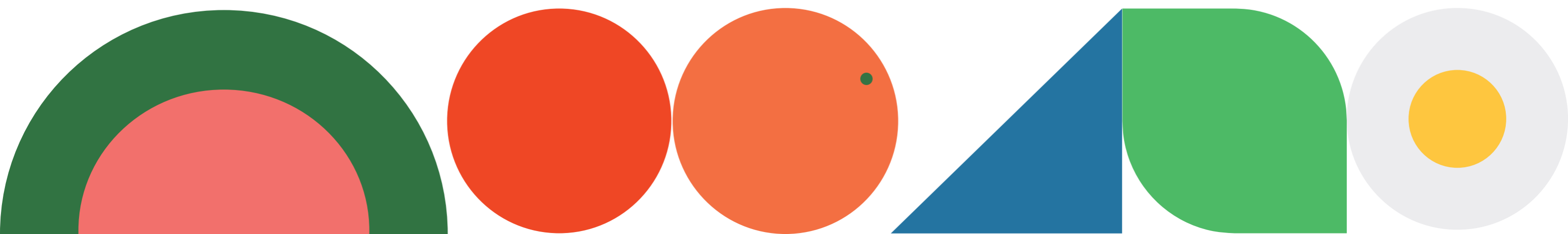
Eat well for you and the planet!

Focus on fibre



For meals and snacks

Have more wholegrain foods, fruit and vegetables, beans, peas and lentils



Eat well for you and the planet!

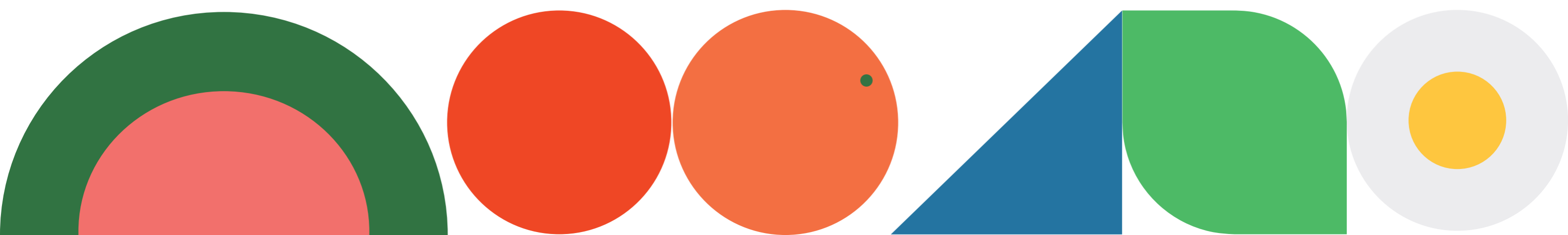
Get at least 5 A DAY



Put plenty on your plate

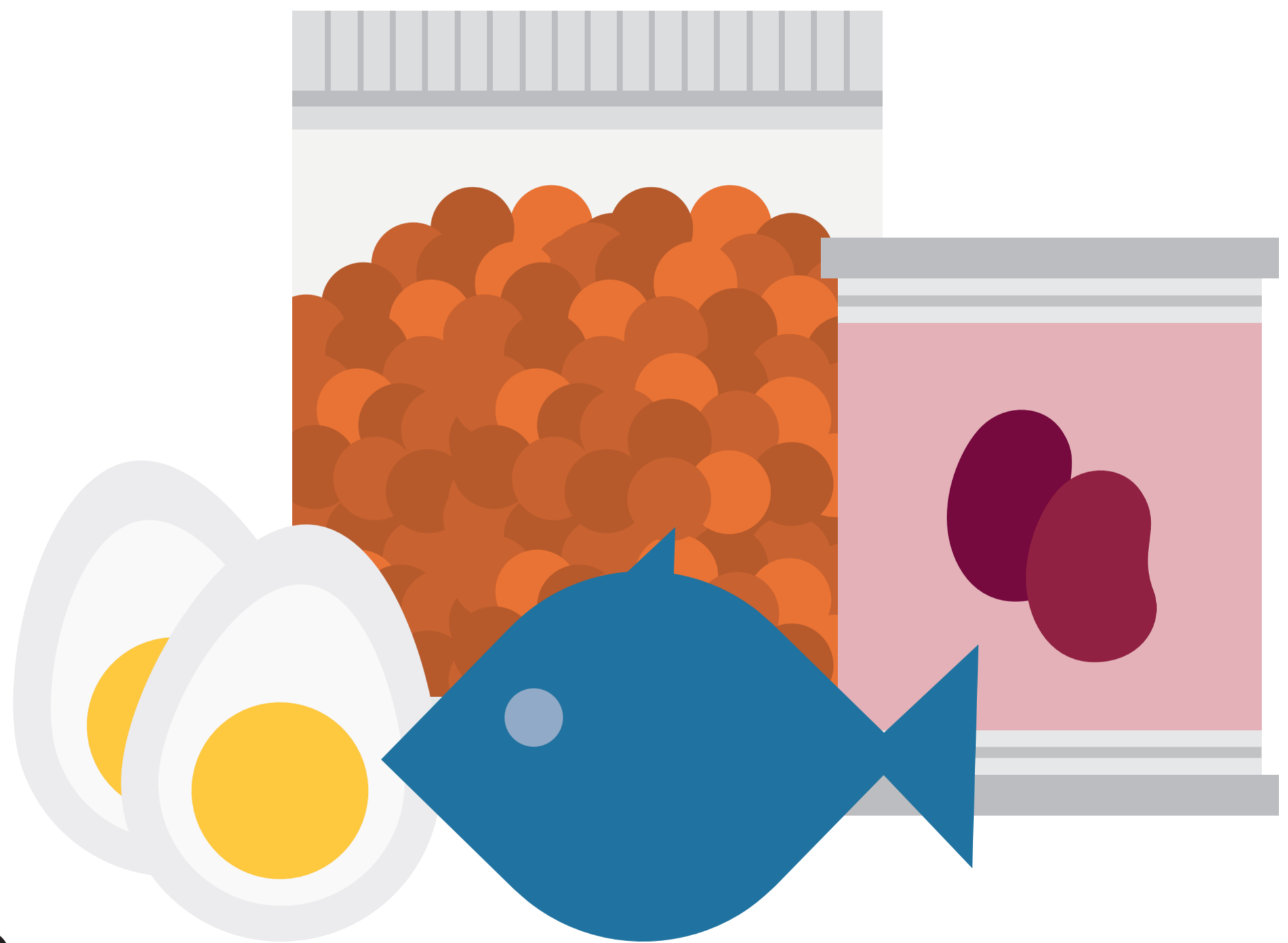
Have at least 5 portions of a variety
of fruit and vegetables every day

The British Nutrition Foundation's Healthy Eating Week 2022 is developed by the British Nutrition Foundation and supported by Tesco, Quorn Foods, Sodexo, AB Mauri UK & Ireland, Agriculture & Horticulture Development Board (AHDB), FDF Action on Fibre, General Mills, innocent drinks, Marks and Spencer plc, UK Flour Millers and Waitrose & Partners.



Eat well for you and the planet!

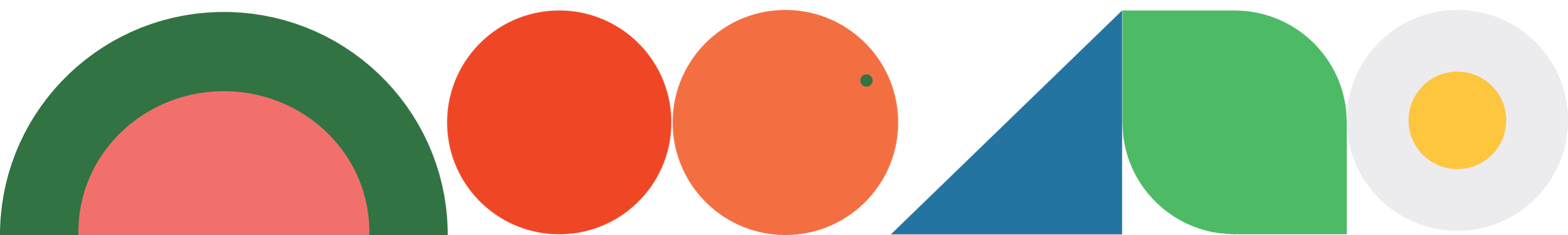
Vary your Protein



Be more creative

Eat a wider variety of protein foods and
choose plant protein sources more often

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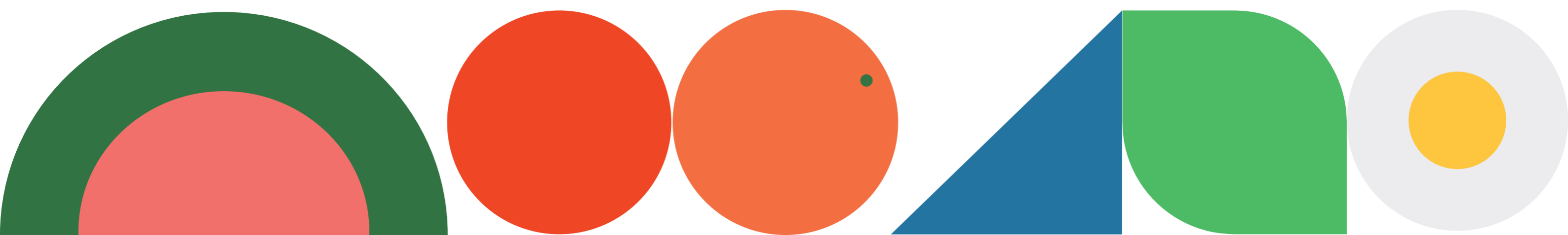
Eat well for you and the planet!

Stay hydrated



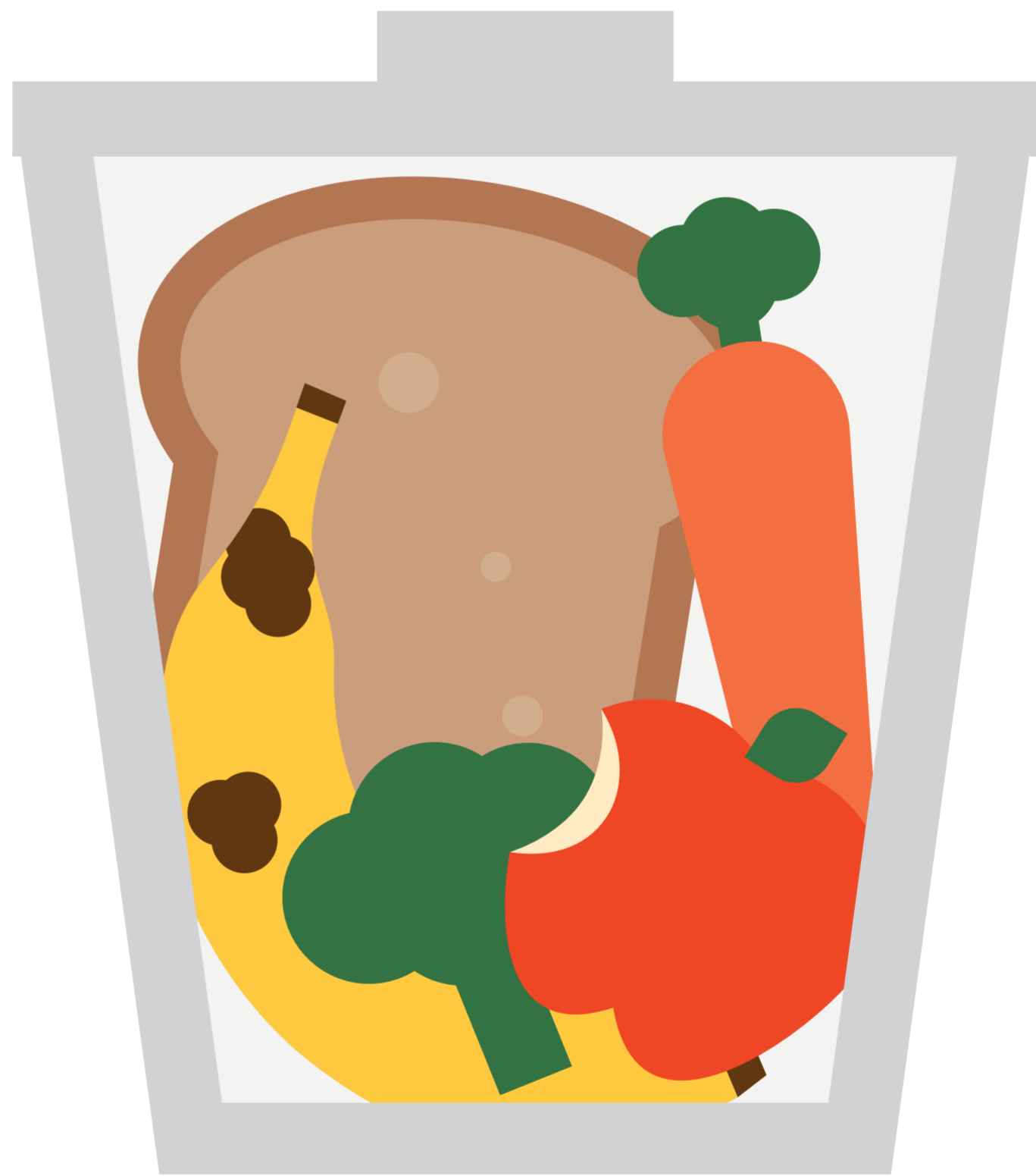
Fill up from the tap

Have about 6-8 drinks a day and choose reusable or recyclable drinks containers



Eat well for you and the planet!

Reduce food waste



Know your portions

Aim for the right amount when you shop, cook and eat to avoid throwing food away

