



Healthy Lifestyle

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Eat More Fruit and Veg

- Try to eat at least 5 portions of fruit and vegetables each day. Fresh, frozen, tinned, or dried all count. Add a banana to breakfast or have carrot sticks as a snack.

2. Drink Water Instead of Fizzy Drinks

- Swap sugary drinks for water, milk or no-added-sugar squash. Drinking water helps you stay hydrated and is better for your teeth.

3. Watch Your Portions

- It's easy to eat too much without noticing. Try using a smaller plate and stop eating when you feel full. Don't feel you have to finish everything on your plate.

4. Cook More at Home

- Home-cooked meals are often healthier and cheaper than takeaway or ready meals. You can control how much salt, sugar and fat you use in preparing your meal.

5. Don't Skip Breakfast

- Breakfast gives you energy for the day. Choose something healthy like wholegrain cereal, porridge, or wholemeal toast with eggs or fruit.