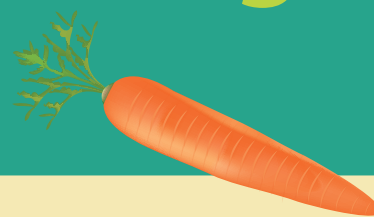


Your Healthy Eating Checklist



Vital veggies... Healthy body, healthy mind

Add vegetables to plate

- Add more vegetables at mealtime
- Healthy way can be fresh or frozen
- Vegetables are a great snack to have



Go go grains... Full of energy

Increase fibre intake

- Eat more whole grain breads, chapatti and pulses, beans, nuts and seeds
- Sweet potato and brown rice are also high in fibre
- Choose whole grain breakfast cereals



Fab fruit... Smart vitamins!

Eat more fruits

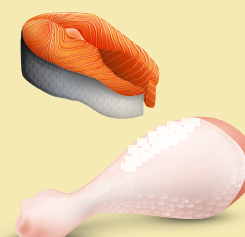
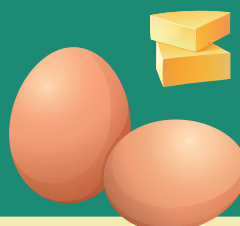
- Swap fruits for snacks
- Replace desserts for fruits
- Add fruits to your breakfast and lunch box



Power protein... Stay strong

Eat a variety of protein foods

- Eggs, fish, chicken, and meat
- Soy products such as soy milk or tofu
- Chickpea, beans and pulses are a good source of protein



Get your 5 a day the yummy way!

Have your 5 a day

- Add vegetables to pasta, rice and curries
- Have smoothies and yoghurts with berries
- Add a colourful salad at meal times



Don't forget to drink!

Drink water

- Aim to drink at least 8 glasses of water a day
- Avoid fruit juices and fizzy drink
- Avoid adding drinks and smoothies

