

Ten healthy eating tips

Always eat breakfast - you'll feel better, think better and set yourself up for the day



Drink lots of water – at least 2 litres a day, more if it's very hot or if you are exercising



More starchy food – include pastas, bread and potatoes in your diet.
Choose wholegrain cereals if you can
These foods release their energy slowly so keep you going longer



Less sugar – you don't need to give up, just be sensible and cut down remember
Sugar is a "quick fix" and "empty calories" and can cause tooth
decay



Less salt - Look for "no added salt" on labels, remove the salt pot from the
Table

