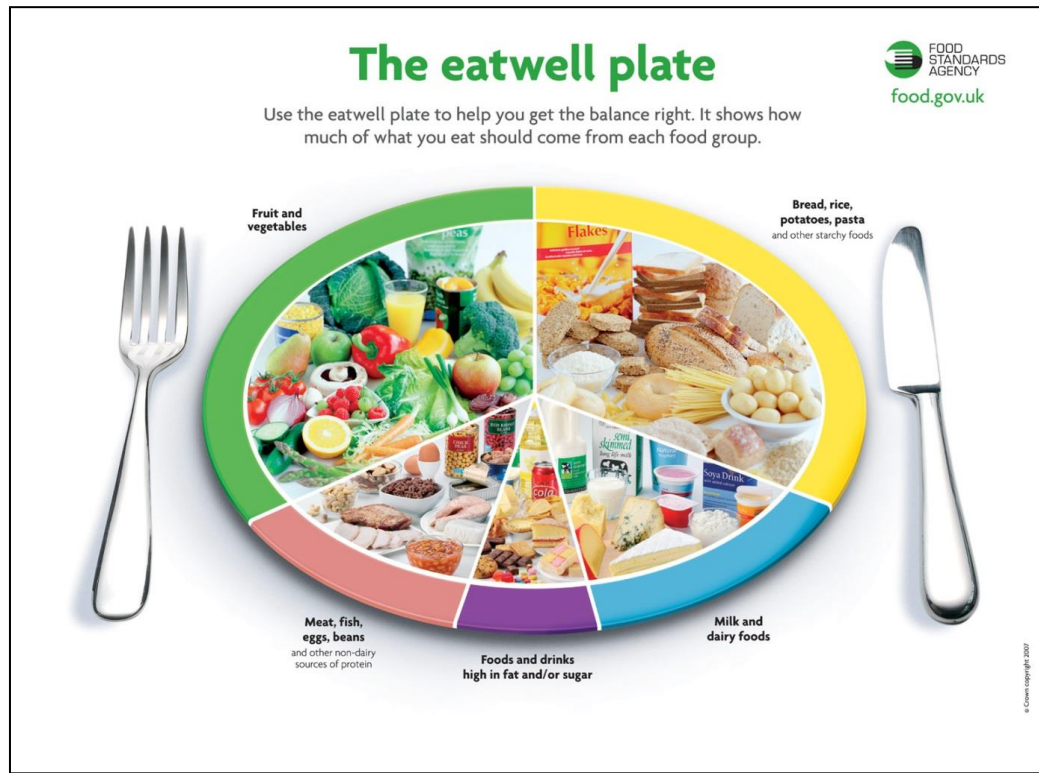


What is Healthy Eating?



Don't skip breakfast
Eat a healthy breakfast every day

- We need the majority of our daily energy requirements during the working day – breakfast is the most important meal
- Eat breakfast within one hour of waking to give your brain a kick start
- People who skip breakfast tend to snack on high calorie snacks

MOST OF US SHOULD

Foods	Eat...
Fruit & vegetables	Try to eat more
Starches & carbohydrates	More (especially at breakfast & lunch)
Milk & dairy products	Moderate amounts
Meat, fish, eggs & proteins	Moderate amounts
Food & drink high in fat/sugar	Try to eat less
Breakfast	Don't skip it!