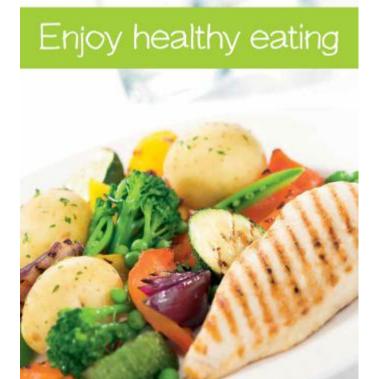
Thursday, 08 February 2024

Health and Social Wellbeing Improvement



What we eat every day has a big impact on our health – from the amount of energy we have when we get up in the morning to our risk of developing conditions like heart disease and cancer in the future. A healthy diet doesn't have to be boring or restrictive – we can still eat a wide range of delicious foods, while keeping an eye on our intake of sugar, fat and salt. This has been updated in accordance with the *Eatwell Guide*.

Public Health

Details

Format
A5 booklet, 16 pages
Target group
Adults and children over five years old

Downloads

Attachment Size

Enjoy healthy eating 0124 2.51 MB

Tags

- <u>nutrition</u>
- eat well
- <u>eatwell</u>
- <u>food</u>

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