



Enjoy healthy eating

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*.

Published

24 March 2026

Last reviewed

24 March 2026

Details

Format

A5 booklet, 16 pages

Target group

Adults and children over five years old

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