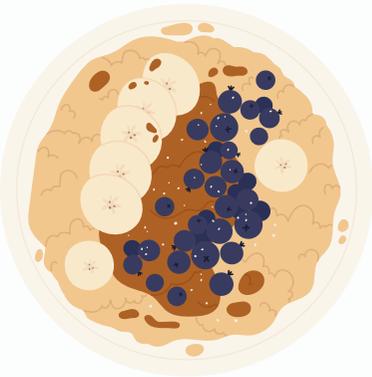


# Focus on fibre

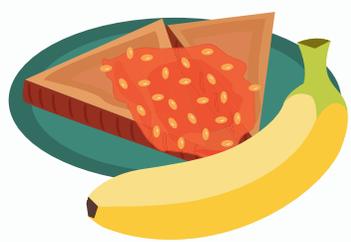
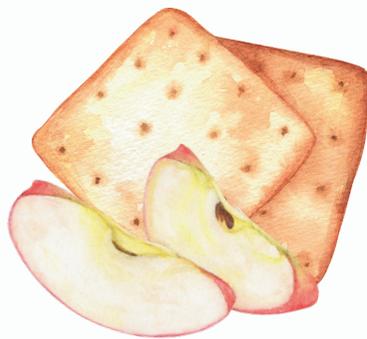


## IDEAS FOR A DAY



Try adding fruits like bananas and unsalted nuts to bran flakes to add 10g fibre to breakfast

For a snack, try an apple and wholegrain crispbreads to add 5g of fibre to your day



Beans on toast for lunch and a banana for dessert adds 14g of fibre

What about a chickpea curry with brown rice and added sweet potato and spinach. This is 12g of fibre.



Adds up to 41g for the day\*

\*Based on average portions sizes

## DID YOU KNOW?

Eating plenty of fibre helps keep your gut healthy and can reduce the risk of heart disease, stroke, type 2 diabetes and bowel cancer.



A plant-rich diet can help you increase your fibre intake and can help ease the environmental pressures on the global food system.



Wholegrain options like supermarket's own-brand bread and pasta are often the same price as white versions so they can be budget-friendly.

# Facts about fibre

Move more



Be more active every day.

## DID YOU KNOW

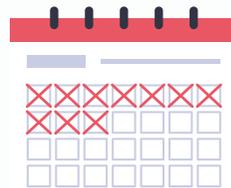
We should aim to be active for at least 150 minutes each week (moderate intensity). This is about 20 minutes a day.



Being active can benefit health, body weight, sleep quality, help manage stress and improve quality of life



Trackers and diaries are useful – use a tracker to keep your goals in mind and track your progress



Being active with others provides opportunities to socialise, engage and try new sports or activities.

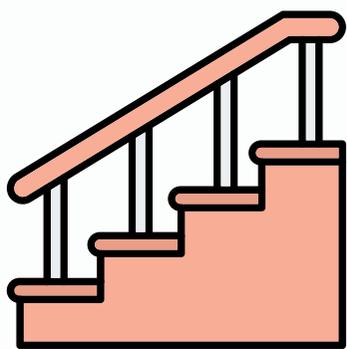


## TRY THIS



Opt to cycle, walk or run all or part of the way to work if you can

As well as being active, it is also important to sit less. Once an hour, try a stretch activity or a short walk.



Skip the elevator, embrace the stairs!

Taking a stroll during lunch, jogging with a buddy, or even joining a running crew! Try chair workouts.



# Benefits of moving more

Stay hydrated

Have about 6-8 drinks a day.



## DID YOU KNOW?

### Tea & coffee

Although drinks like tea and coffee contain caffeine, they can still contribute to hydration. It's best not to add sugar or syrups.



## WHICH DRINKS?



### Drink water

Water is a great choice because it hydrates without calories or sugars.



We get about a fifth of our total water intake from food. Foods like fruits, vegetables, soups and stews have a high water content.

### Make the most of milk

Milk contains essential nutrients such as protein, B vitamins, calcium and iodine - choose reduced fat milk. If going plant-based, choose fortified versions



Tap water is a healthy & cheap choice to help you stay hydrated - refill your reusable bottle to take with you wherever you go.

### Fruit juices & smoothies

Juices & smoothies provide vitamins and minerals, but also sugars. It's best to have them with a meal and have no more than 1 small glass (150ml) a day which counts as your 5 A DAY



Fizzy drinks, squashes and juice drinks can contain sugar and few nutrients. Limit these and swap them for water, sugar free or no added sugar versions.



# Water tips

Get at least 5 A DAY

Fresh, frozen, dried and canned all count.



## DID YOU KNOW?

Diets high in fruit and vegetables are linked to a lower risk of diseases like heart disease, stroke and some types of cancer.



## IDEAS FOR A DAY



Add fruit to your daily breakfast in your cereal or toast

Prepare vegetable sticks or chopped fruit to have on the go



Add plenty of vegetables to curries, pasta dishes, stews, stir fries



Have a fruit salad for dessert or add fruit to plain yogurt



Fruit and vegetables have a lower environmental impact than some other types of food.



Frozen and canned vegetables tend to be cheaper than fresh, and they still count towards your 5 A DAY.

Different fruits & vegetables contain different nutrients. You need a variety in your diet - so try to eat a range of colours!



# How to get 5 a day

Reduce food waste



Shop, cook and eat wisely.

## DID YOU KNOW?

Around a third of the food that we produce globally is either lost in the supply chain or wasted by us as consumers.



Food losses and waste contribute to about 10% of greenhouse gases emissions

Freezing food can help reduce waste during food production - at the farm and transporting the food.



Frozen food can lead to less household waste too, as it stays fresh for longer and you can use it as you need it.

The cost of living crisis means that food prices has risen – reducing food waste helps you save money.



### Plan your meals to reduce waste...

- Write a shopping list of ingredients before shopping
- Avoid food shopping when you're hungry to avoid buying what you don't need.

### Know your portions...

- Measure out the portion size that is right for you when preparing to cook
- Use weighing scales, spoons or your hands so you don't use more food than you need

### Use your leftovers...

- Portion out leftover meals and freeze to use again
- Use leftover vegetables and pulses in pasta sauces, curries or soups

### The freezer is your friend...

- Freeze meat and dairy products like hard cheeses and milk up to the use by date
- Freeze bread and take out slices as you need them

Reduce waste

# Save money on food

Try these tips to help make your money go further when shopping and cooking plus have a healthier shopping basket!

## Look for special offers

Long shelf-life products like dried pasta, rice, noodles, dried or canned beans, pulses and canned vegetables, and cereals can be kept in the cupboard for when you need them.

## Try own brands

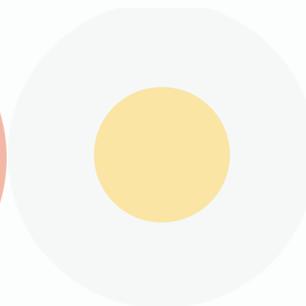
Value brands in supermarkets for items like bread, cereals, fresh and canned fruit and vegetables are normally cheaper than branded products, and can be just as tasty.

## Choose canned food

Canned tuna, sardines, and salmon are affordable, convenient, easy to prepare, and have a long shelf-life compared to fresh fish.

## Cook smart to reduce energy costs

Cooking in bulk, using lids on pots, choosing the microwave over the oven, and cooking multiple dishes at the same time in the oven can save money.



## DID YOU KNOW?

Canned oily fish is rich in heart-healthy omega-3 fats and vitamin D for bone and muscle health.



We should aim to eat at least 2 portions of sustainable fish per week, including 1 portion of oily fish.

Purchasing long shelf-life products in bulk, such as pasta, rice, nuts, seeds, dried fruit, or flour, can be cost-effective and environmentally friendly due to reduced packaging.



When dining out, why not consider sharing a dish with others to save money and avoid overeating if the restaurant serves a big portion.



If you have any surplus food then local foodbanks or community kitchens may take donations – check their donation lists to see what items they may need – sharing is caring!



**Food prices have risen which can mean eating healthier is more challenging**