

Tuesday

- Make a healthier choice – tips and tools to make better choices;



Find your healthier you

Make healthier choices

Read the label
Compare nutrition labels to make healthier choices.

Get portion wise
Choose the right size portion for you.

Make super swaps
Go for lower salt, fat and sugar options.



The British Nutrition Foundation Healthy Eating Guide is developed by the British Nutrition Foundation and supported by the Agriculture & Horticulture Development Board (AHDB), (24 St Peter, Green Gate, Ipswich IP1 3JN, UK) and its partners.



<https://youtu.be/l-egyMNBIRE>

Wednesday

- Plan for success – ways to plan healthier meals and menus;



Find your healthier you

Plan for success

Plan ahead
Make a food plan for the week and keep it varied.

Track your progress
Set goals and track how well you do.

Change your normal
Small changes can help you achieve your goals.



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<https://youtu.be/VL1IRgLQskw>

Thursday

- Be the chef – how to cook healthier options, with links to recipes and ideas.



Find your healthier you

Be the chef

Get cooking

Encourage a love of cooking.

Cook healthier

Make healthier meals by changing ingredients and the way you cook.

Be inspired

Use recipes and tips from friends, and share your success.



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https://youtu.be/GHNM7DrV5_o

Friday

- Keep moving – promoting the importance of being active for health.



Find your healthier you

Keep moving

Get active

Find ways to be more active everyday.

Get on track

Follow the physical activity recommendations.

Keep it fresh

Stay motivated by trying new ways to be active.



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<https://youtu.be/aPihUWLbynQ>