Healthy Eating Week

BNF Healthy Eating Week 2021 – Find your healthier you!

BNF Healthy Eating Week will take place from 14 to 18 June 2021, taking all of the UK on its 'Find your healthier you' journey!

BNF want everyone to reflect on their lifestyles and look to make improvements to enhance their health and wellbeing.

The 'Find your healthier you' message will be supported by five themes across the week:

Monday

• Know the facts – information, advice and myth busting.



Find your healthier you Know the facts

Eat well Choose a wide range of healthier foods in the right proportions.

Increase your fibre Make sure you get your 5 A DAY and eat more wholegrains.

Drink plenty Have at least 6-8 drinks a day.



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Tuesday

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

British Nutrition Foundation

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.



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• 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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Thursday

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

Nutrition

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.



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.

https://youtu.be/aPihUWLbynQ



Friday

Keep moving – promoting the importance of being active for •