



Get at least
five
a day

**Fresh, frozen, dried
and canned all count.**

Stay
hydrated



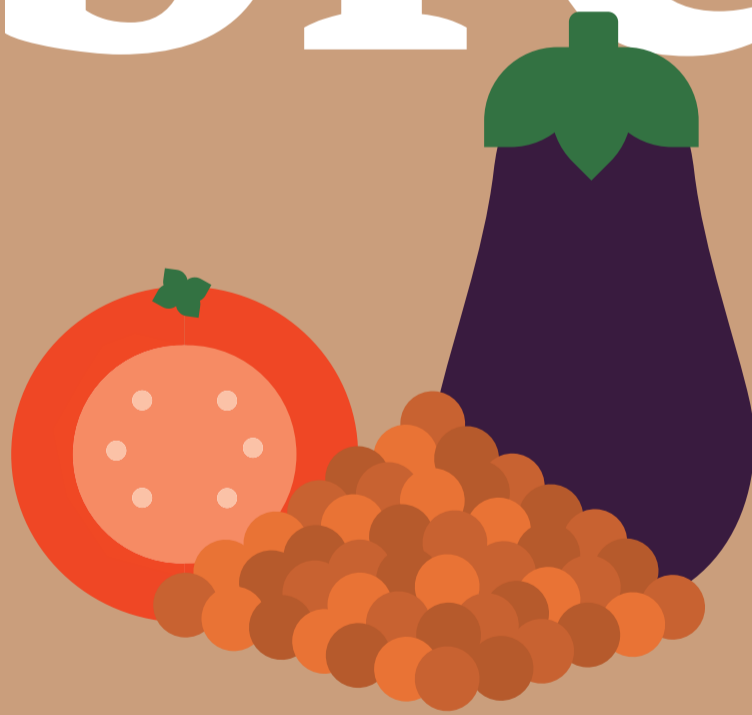
**Have about
6-8 drinks a day.**

Move
more



Be more active every day.

Focus on fibre



**Have wholegrains,
fruit, veg and pulses.**

Reduce food waste



Shop, cook and eat wisely.

Healthy Eating Week 2024

Give it a Go!



What's happening this week?



Get at least 5 A DAY

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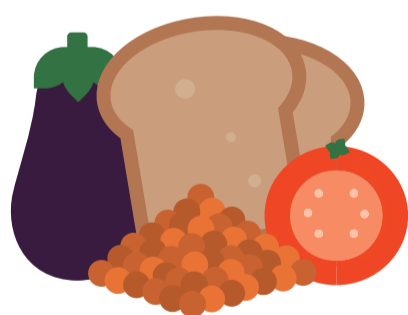
Stay hydrated

Have about 6-8 drinks a day



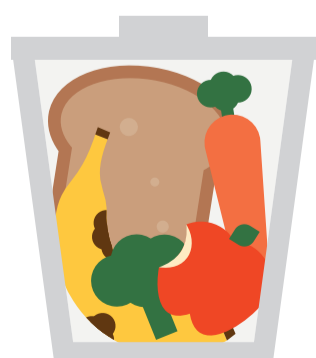
Move more

Be more active every day



Focus on fibre

Have wholegrains, fruit, veg and pulses



Reduce food waste

Shop, cook and eat wisely

Let us know what you'll be doing for Healthy Eating Week 2024 @NutritionOrgUK #HEW24

10 -14 June 2024



Healthy Eating Week – Give it a go!



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www.healthyeatingweek.org.uk

Let us know what you'll be doing for Healthy Eating Week 2024 @NutritionOrgUK #HEW24