SHOPPING LIST

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NUTRITIOUS MEALS

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HEALTHY SNACKS

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PLAN YOUR LIST AROUND HEALTHY OPTIONS FROM THE MAIN FOOD GROUPS. AIM FOR AT LEAST 5 PORTIONS OF FRUIT AND VEGETABLES A DAY, GO FOR WHOLEGRAIN CARBOHYDRATES NOW-AND-AGAIN, AND GO FOR LOWER FAT FOODS WHERE POSSIBLE FOR YOUR PROTEIN SOURCE.

BALANCED DIET

> ACCESS HEALTHY BALANCED RECIPE IDEAS AT: WWW.LEGSGO.CO.UK/ FEEDYOURBODY

BODY

FIND OUT MORE ABOUT THE EATWELL GUIDE AT: www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

PROTEIN

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