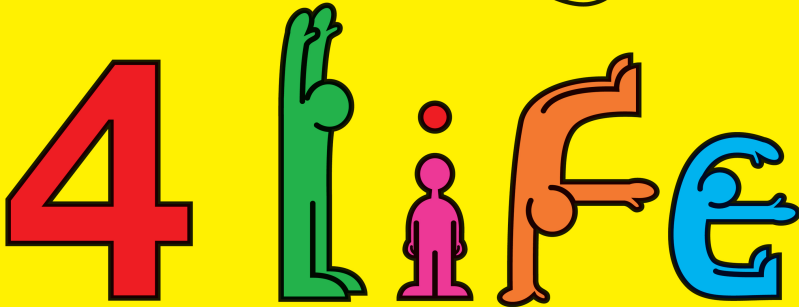


change



Eat well

Move more

Live longer

tips to get to your 5-a-day

breakfast

add fruit to cereal, porridge or lower fat yoghurt – a handful of berries or a chopped banana is lovely.

lunch

add some crunch to your sandwiches with cucumber, grated carrot or tomato.

snacks

swap sugary, high fat snacks for quick, easy and yummy options – like fruit!

For more information visit www.nhs.uk/change4life

FRUITFUL
OFFICE



Not just for you, get your entire family involved!

change
4 life

Eat well Move more Live longer