

CHOOSE THE BEST FUEL FOR YOUR BODY

whole grains give your body and brain long-lasting fuel and fibre to keep you satisfied between meals

vegetables give you vitamins, minerals and fibre to fight infection and keep your body running like a well-oiled machine

healthy proteins like lean meat, fish, cheese, egg and hummus help your muscles and bones to grow and stay strong

CHOOSE THIS...



...INSTEAD OF THIS



white bread is a refined carbohydrate and all the goodness (like fibre, vitamins and minerals) is removed during processing

no vegetables you miss out on important nutrients to fight against infection and illness

processed meats like ham and salami contain salt, unhealthy fat and preservatives, which are harmful to our health