



## Eric Says:

Fill half of your plate with different coloured fruit and vegetables.

Fill a quarter of your plate with whole-grains such as brown rice, wholemeal bread, chapati and oats.

Fill a quarter of your plate with meat and others such as beans and tofu.

Quench your thirst with plain water.

Eat food cooked with healthier oils.

Move more; walking, jogging, cycling, swimming or playing a sport counts!

