

Eat Well Be Well

Are you seeking tips on healthy eating? Need more advice on what constitutes a 'portion' of fruit and vegetables?



Do you know the danger signs to look out for when you are eating out or buying a takeaway?



Do you need guidance on food safety in the home? Get some safety tips for when you're out shopping for food.



Are you confused by what all those food labels actually mean?



For the latest Food Standards Agency advice visit their Eat Well Be Well pages.

<http://www.eatwell.gov.uk/>

Eat well, be well

Helping you make healthier choices

