

Eight guidelines for a healthy diet / Ministry of Agriculture, Fisheries and Food.

Contributors

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*EIGHT
GUIDELINES
FOR A
HEALTHY DIET*



ENJOY YOUR FOOD

*EAT A VARIETY
OF DIFFERENT FOODS*

*EAT THE RIGHT
AMOUNT
TO BE
A HEALTHY WEIGHT*

*EAT PLENTY OF FOODS
RICH IN
STARCH & FIBRE*

*DON'T EAT
TOO MUCH FAT*

*DON'T EAT SUGARY
FOODS TOO OFTEN*

*LOOK AFTER THE
VITAMINS & MINERALS
IN YOUR FOOD*

*IF YOU DRINK,
KEEP WITHIN
SENSIBLE LIMITS*



*For more
information,
a booklet on
'Healthy Eating'
(PB0550)
is available from
Food Sense,
London SE99 7TT
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PB1184

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