

## **Feel healthier : change one thing : tips for healthy eating and money off coupons to help you on your way / Boots.**

### **Contributors**

Boots Company Limited.

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

feel healthier



### Tips for healthy eating



change one thing

tips for healthy eating and money off coupons to help you on your way

- Don't skip breakfast
- Drink plenty of liquids
- Eat lots of fruit and veg - at least 5 portions a day
- Base your meals on starchy foods
- Cut down on sugar
- Cut down on fat and saturated fat
- Eat more fish - at least 2 portions a week
- Eat less salt - less than 6g a day

Cutting down on saturated fat can help reduce your cholesterol

**1/2 price**



Walkers Baked® (not fried) crisps 25g

2 out of 3 people do not drink enough to keep themselves hydrated

**Save 1/3**



on all Ribena® 500ml

Cutting down on sugar can help you control your weight

**Save 1/3**



on new Coke Zero® 500ml, great taste, zero sugar

Starchy foods are a good source of energy and offer a range of nutrients

**Save 50p**



off any Shapers sandwich or wrap

A heaped tablespoon of dried fruit counts as one of your 5-a-day

**Save 20%**



on Delicious fruits, nuts and seeds

**Save 20% on Delicious fruits, nuts and seeds**

- Coupon valid from 08/01/07 until 01/02/07
- This coupon entitles you to 20% off Delicious fruits, nuts and seeds
- Only one coupon can be used per product
- No other coupon can be used in conjunction with this offer
- Whilst stocks last. Subject to availability



2 062257 025319 >

**Save 50p off any Shapers sandwich or wrap**

- Coupon valid from 08/01/07 until 01/02/07
- This coupon entitles you to 50p off any Shapers sandwich or wrap
- Only one coupon can be used per product
- No other coupon can be used in conjunction with this offer
- Whilst stocks last. Subject to availability



2 062258 025318 >

**Save 1/3 on Coke Zero® 500ml**

- Coupon valid from 08/01/07 until 01/02/07
- This coupon entitles you to save 1/3 on Coke Zero® 500ml
- Only one coupon can be used per product
- No other coupon can be used in conjunction with this offer
- Whilst stocks last. Subject to availability



2 062254 025312 >

**Save 1/3 on all Ribena® 500ml**

- Coupon valid from 08/01/07 until 01/02/07
- This coupon entitles you to save 1/3 on all Ribena® 500ml
- Only one coupon can be used per product
- No other coupon can be used in conjunction with this offer
- Whilst stocks last. Subject to availability



2 062255 025311 >

**1/2 price Walkers Baked® crisps 25g**

- Coupon valid from 08/01/07 until 01/02/07
- This coupon entitles you to 1/2 price Walkers Baked® crisps 25g
- Only one coupon can be used per product
- No other coupon can be used in conjunction with this offer
- Whilst stocks last. Subject to availability



2 062256 025310 >

**How to understand your food labels\***

**How do I know if a food is high in sugars?**

**A lot of sugar = 10g or more per 100g**

**A little sugar = 2g or less per 100g**

**How do I know if a food is high in fat?**

**A lot of fat = 20g fat or more per 100g 5g saturates or more per 100g**

**A little fat = 3g fat or less per 100g 1g saturates or less per 100g**

**How do I know if a food is high in salt?**

**A lot of salt = 1.25g or more per 100g or 0.5g sodium or more per 100g**

**A little salt = 0.25g or less per 100g or 0.1g sodium or less per 100g**

\* Source: Food Standards Agency October 2005