



Salt.

No more than **1 teaspoon** of salt every day.



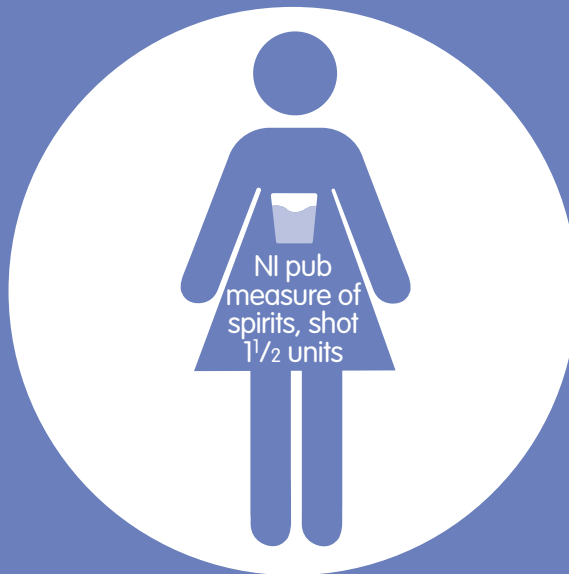
Alcohol.

Drink **less alcohol**.  
No more than **14** units a week.



Breakfast.

Eat **breakfast** every day.



Alcohol.

Drink **less alcohol**.  
No more than **14** units a week.



# Healthy Eating Information





Bread, rice, potatoes and pasta.

Eat **1 food** from this group at each meal.



Milk, dairy foods, yogurt and cheese.

Eat **3 or more** foods from this group every day.



Water.

Drink **between 6 and 8** glasses of water a day.



Fruit and vegetables.

Eat **5 or more foods** from this group every day.



Meat, fish, eggs and beans.

Eat **2 foods** from this group every day.



Food and drinks high in sugar and fat.

Eat **less** of these foods.