

EAT WELL & FEEL GOOD!



10 STEPS:

- Eat 5-a-day of fruit and veg
- Think variety - eat a rainbow
- Get portion size right for you
- Cook from scratch
- Reduce the salt and sugar that you add
- Cut down on saturated fats
- Alcohol and sugary drinks are high in calories
- Drink more water
- Handle food safely
- Take time to enjoy food with family and friends whenever you can

CHOOSE A POSITIVE CHANGE YOU CAN MAKE

 EatWellSheffield  @SheffEatWell



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THINK PERSON!

Children's portions = child sized hand! Portion size information may differ for under 2s - speak to your Health Visitor. Very active people may eat more.

THINK WATER!



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THINK PORTION! EVERY DAY

6 FISTFULS



5 HANDFULS



2-3 PALMFULS



2-3 PORTIONS

1 PORTION EQUALS 2 FINGERS
OF HARD CHEESE, 1 SMALL GLASS
OF MILK OR SMALL YOGHURT

2 THUMB TIPS

SPREADABLE FATS PER DAY
(NO MORE THAN THIS)