

# A healthy meal

a healthy meal is a good amount of good. You should choose lower fat and lower sugar. You should eat at least 5 portions of a variety of fruit and veg every day. You should choose wholegrain or higher fibre versions with less added fat, salt and sugar. You should eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat. You should choose unsaturated oils and use in small amounts. You should drink 6-8 cups of water a day and only drink 150ml of juice a day.