

**Eat
Well**

A WAY OF LIFE IN FIFE!

ACTIVE

To benefit health, adults should aim to be active daily, adding up to at least 2.5 hours a week.

Break up sedentary time, eg watching TV, working at a desk.

Include some activities for strength and balance a couple of days a week.



Guide to food labels

For a healthier choice, look for low fat, low sugar and low salt. Choose wholegrain varieties when you can.



	Sugars	Fat	Saturates	Salt	Sodium
What is HIGH per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g	Over 0.6g
What is LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below	0.1g and below