



**'Eat more fruit and veg** – it's an old cliché but everyone should have more fruit and veg! Fill up your plate with veg or salad first, leaving less room for the less nutrient dense foods. Or why not invest in a blender to find a novel way of consuming fruit and veg – green leafy veg can be whizzed up with fruits and seeds for a nutrient rich breakfast smoothie. If you're not into all that, aim for a range of different coloured fruit and veg – at least 5 (more if you can!) every day.'