

5 HACKS TO HEALTHY EATING

easy ways to get the nutrition your body needs

BEGIN WITH BREAKFAST

start your day right

Breakfast is fuel for the day ahead, so start the day right with nutrient dense foods. Complex carbohydrates like whole grains such as oats, and high protein options like eggs are a great start to your day.

RAW & REAL

the fresher the better

Fresh fruits and vegetables have a lot of key vitamins and minerals. Foods usually lose nutrition during processing. A diet heavy on fresh produce can reduce the risk of heart disease and stroke, some forms of cancer, and digestive problems.

GREEN THE GRUB

vegetables all day

If you add vegetables to each meal you are more likely to get your 5-a-day of fresh fruits and vegetables. Aside from their nutritive values, vegetables have a lot of fiber which aid in digestion and helps move stool out of the body.

5-A-DAY

the more the merrier

Eating a lot of fruits and vegetables is key to good health. Five servings is the minimum requirement but if you follow the rest of the tips on this page you will easily get more

FINISH WITH FRUIT

delectable desserts

Most desserts come with a calorie punch from fat and sugar that leads to the kind of weight gain many of us are trying to avoid. Most fruits are naturally low in fat, sodium and calories. So make fruit your dessert of choice: add a dollop of yoghurt and a drizzle of honey and make any fruit or fruit salad a light but sweet and creamy - and nutritious - treat.

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