

6 simple nutrition tips to boost your energy & wellbeing

Small changes Big Differences

1 DONT SKIP BREAKFAST

Breakfast "breaks the fast" by replenishing glucose and nutrients after sleeping.



Try this:

Porridge, wholegrain toast, yoghurt and fruit or overnight oats.

2 DRINK MORE WATER

Water helps you stay hydrated, energised and focused.



Try this:

Aim for 6-8 glasses a day and keep a water bottle with you.

3 ADD 1 EXTRA PORTION

More fruit and veg boosts your energy with essential vitamins, minerals, and dietary fiber.



Try this:

Add fruit to breakfast, extra veg at lunch or another vegetable with dinner.

4 CHOOSE SMARTER SNACKS

These provide lasting energy and nutrients, rather than a quick sugar hit followed by an energy crash.



Try this:

Reach for fruit, nuts, yoghurt or veg sticks instead of sugary snacks.

5 FILL HALF YOUR PLATE

Half of your main meal should be vegetables or salad, leaving the other half for protein and carbs.



½ Vegetables or salad



¼ Protein



¼ Wholegrain carbs

6 PLAN AHEAD

A little planning makes healthy eating easier every day.



Try this:

Make lunches ahead, batch cook meals and keep healthy snacks handy.

USEFUL RESOURCES



NHS
Healthy
eating



The
Eatwell
Guide



British
Nutrition
Foundation

Wellbeing
Strategy
GroupUK

CEMEX