How can I eat more healthily?

It's important to eat well for lots of reasons.

It can help you:

- be a healthy weight

- cut down on your risk of getting some diseases

- help you feel good about yourself

- give you more energy to enjoy life.

The Living Well website has lots of different information and resources.

They can help you find more ways to eat healthily including:

- eating well for a healthy weight

- support to help manage your weight

- healthy eating at home

- top tips for healthy eating

- simple and tasty recipes