

Black Country Health & Well-being Foundation

Project: Creating Better Chances



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If you want Information translated or explained please ring 07734 952908

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness about Mental Well-Being. Thanks to the Government for making this possible.

Healthy Eating

In today's fast-moving society with fast food becoming an ever more demanding necessity, it's never been more important to maintain good healthy eating habits. Doctors generally recommend eating a balanced diet with correct proportions of food and drink, to achieve and maintain a healthy body weight.

After extensive research, scientists have recommended a guideline for consuming a daily portion of 5 a day fruit and vegetables. An adults portion of fruit and vegetables is regarded as 80g. (source : <https://www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes/>)

Please click [5 a day](#) portions to see more. Each of the 5 portions can be fresh, frozen, canned, dried or juiced (source - <https://www.nhs.uk/live-well/eat-well/>) Scientific research indicates that 5 portions of fruit and vegetables a day has a lower risk of heart disease, stroke and some cancers.

Fruit and vegetables are generally a good source of foods that provide excellent source of vitamins and minerals and fibre.

For volunteering and sports activities participation, please visit our website or get in touch by sending us an email:

www.blackcountryhwhf.org.uk

info@blackcountryhwhf.org.uk

Disclaimer: This is a general guidance and it is always recommended to consult your physician or GP should you have any medical condition or are worried about anything in this leaflet



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