Healthy Eating

Eat well, Live well

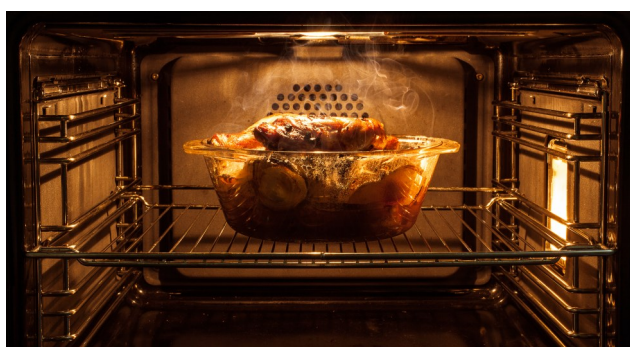**You should eat 3 meals a day with fruit and vegetables!**

Some healthy foods are:

- Vegetables

- Nuts

- Fruit

- Fish

- Chicken

- Yoghurt

- Wholemeal bread and pasta

You can cook your own healthy foods!

In the oven, on the grill or in a steamer.

Fancy a treat?

You could have either two squares of dark chocolate a day or some crisps or biscuits.

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Did you know you can have a free health check up every year?

Ask your doctor for a check up.

Do you have Down's Syndrome and aged 30 or over?

The Community Learning Disability Team are offering dementia screens.

《 we care 》

Contact the Learning Disability Team

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