

Healthy Eating

4 Key Messages



**EAT BREAKFAST
EVERY DAY**

Vitality and
well-being

Grow up strong
and healthy

Stay healthier
longer



**EAT MORE FRUIT
& VEGETABLES**

Clearer
thinking

Healthy
weight

Increase
physical
performance



**EAT MORE
WHOLE FOODS**



**DRINK MORE WATER &
LESS SUGARY DRINKS**