WHAT CAN YOU DO TO EAT HEALTHY?

- Increase your fibre intake gradually and ensure you also drink plenty of water. Aim to have 6-8 glasses (1.5-2 litres) of water each day.

- Include at least one serving of fruit or vegetables in your breakfast and at least two servings of fruit or vegetables in lunch and dinner.

- Use margarine instead of butter to reduce your saturated fat intake.

- Cut down on salt to reduce blood pressure and the risk of heart disease and stroke. Use herbs, spices, pepper etc instead of adding salt to food.

- Eat calcium-rich foods such as dairy, nuts and green leafy vegetables.

- Eat fish (including canned fish) 2-3 times each week.

- Healthy snacks may be a good way to include an extra serve of fruit and vegetables, or get some extra calcium from a yoghurt or fruit smoothie.