

British Nutrition Foundation Healthy eating 10-14 June focuses on healthy eating and drinking and physical activity.

At the heart of BNF Healthy Eating Week are five health challenges:

- Have a healthy breakfast at the start of the day.
- Have 5 a day (fruit/veg)
- Drink plenty of water to increase hydration and help digestion.
- Get active - go for a walk, run or swim. Any activity will benefit your overall health.
- Make a change - Go beyond and join a gym or sports club. Eat fruit rather than crisps. The choice is yours.



## Share life, give blood.

On 14 June there is an event for blood donation across the world.

This day is to encourage younger, nervous or unsure people to give blood to keep levels high.

If you are interested in becoming a donor visit [RedCrossBlood.org](http://RedCrossBlood.org) or download the Red Cross Blood Donor App

**By donating blood,  
you can save lives!**



Everyone should have access to safe blood transfusions, when and where they need them.

## Lung health

Are you breathless or wheezing ? Do you have throat or nose irritation?

- If you have lung or heart problems, consider putting off strenuous activity until pollution levels are lower.
- Plan trips to avoid busy roads.
- Exercise more to increase lung capacity.
- Wear Respiratory protective equipment when carrying out dusty activities.

## Symptoms of diabetes

- Feeling unusually thirsty
- Urinating more than usual, especially at night
- Feeling unusually tired
- Loss of muscle
- Cuts or wounds healing more slowly
- Blurred vision
- Unexplained weight-loss

## Top tips

- Eat a healthy, balanced diet
- Don't drink more than 14 units of alcohol a week
- Don't smoke
- Take regular exercise
- Think about portion size
- Drink water (not sugary drinks)



Android: <http://bit.ly/CIHappAND>

iOS: <http://bit.ly/CIHappIOS>