

How healthy are you?

Complete the following quiz to find out how healthy you are!

Circle your answers and add up the scores – are you mostly **Yes** or **No**?

1. Do you get your 5 A Day?

- Yes
- No

2. Do you have two portions of fish a week (one of which is oily)?

- Yes
- No

3. Do you include beans and pulses in your diet?

- Yes
- No

4. Do you include wholegrains in your diet?

- Yes
- No

5. Do you mostly choose reduced fat dairy foods?

- Yes
- No

6. Do you choose sugar free drinks or water instead of sugary drinks?

- Yes
- No

7. Do you have 6-8 drinks a day?

- Yes
- No

8. Are you active for at least 150 minutes each week?

- Yes
- No

9. Do you choose mostly unsaturated fats and oils (e.g. vegetable, rapeseed, olive) instead of saturated fats (e.g. butter, coconut oil)?

- Yes
- No

10. Do you choose foods lower in salt, and not add salt at the table?

- Yes
- No

ARE YOU ...

Mostly Yes

Well done! Looks like you have a healthy lifestyle which follows the eight tips for healthy eating. Look at the tips to see if there are any areas you can improve on!

Mostly No

Some room for improvement here! It is important to follow the eight tips for healthy eating to maintain good health and help you feel at your best. Look at the tips and see which areas you need to improve on.