

A logo with a fork in the middle

Description automatically generated

Ready to make a change? Eat Well, Your Way, developed by Food Standard Scotland, can help you make manageable changes to what or how you eat. Try it here: <https://bit.ly/3Oim5c9> #EatWellYourWay

You really don’t have to go to extreme lengths to eat healthier - just making little changes when planning, shopping and preparing food, as well as eating out, can make a difference to your overall health.

So, for realistic ways to improve your diet, visit: <https://bit.ly/3Oim5c9> #EatWellYourWay

An important part of feeling well is a balanced diet that includes a wide range of foods. Try the Eat Well, Your Way resource to learn more about how to eat in a healthier way: <https://bit.ly/3Oim5c9> #EatWellYourWay

What's your way? The Eat Well, Your Way resource can help you to make small and manageable changes, in ways that suit you. <https://bit.ly/3Oim5c9> #EatWellYourWay

You don't have to go to extreme lengths to eat healthier. Food Standards Scotland’s Eat Well, Your Way resource can help you find realistic ways to improve your diet. Explore it here: <https://bit.ly/3Oim5c9> #EatWellYourWay

Eating healthier can feel like a bit of a challenge. From not having enough time to cook to shopping on a budget – it can be hard to know where to start.

The good news is that eating healthier can include a wide range of foods and the Eat Well, Your Way resource, from Food Standards Scotland, is designed to help you make small, manageable changes in a way that suits you.

Ready to make a change?: <https://bit.ly/3Oim5c9> #EatWellYourWay

Food Standards Scotland’s Eat Well, Your Way resource offers straightforward steps and useful advice for eating a healthier diet. It also caters for those shopping on a tight budget and for those who are more sustainability-conscious. <https://bit.ly/3Oim5c9> #EatWellYourWay