



drink plenty of water



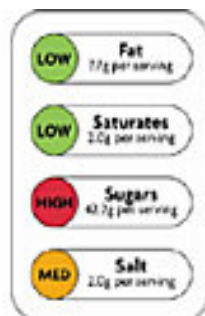
cut down on salt and  
foods high in salt



cut down on fried and  
high fat food



cut down on sugar,  
sugary food and drink



check food labels

With thanks to Eric and Paul Crossley for use of their photographs and FSA for the food label