

**Follow me  
TO BE HEALTHY!**



**Fruit and veg are an essential part  
of a balanced diet and eating them daily  
reduces the risk of obesity and NCDs.  
One more reason to eat  
at least 400g of fruit  
and veg a day.**



**#FRESHANDHEALTHY**



CAMPAIGN FINANCED  
WITH AID FROM  
THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.



# THE #400GCHALLENGE

How do you get to at least 400g a day?



You'll see, it's not that hard. We believe in you: follow our plan and in just under a week, you'll already be close to reaching the target.

<h2>Day 1</h2> <p>Listen to your Grandma: an apple a day keeps the doctor away. (80g)</p>	<h2>Day 2</h2> <p>Eating healthy should not drive you bananas - eat one instead! (120g)</p>	<h2>Day 3</h2> <p>The cherry on the cake? We've heard that fruit and veg contain 80 to 95% water to help you stay hydrated. Cucumbers and watermelons are water champs. They'll make a delicious summer salad with feta cheese and olive oil. (200g - you're halfway there!)</p>
<h2>Day 4</h2> <p>How about mixing your spaghetti with zucchini noodles? They still work brilliantly with tomato sauce and some parmesan. (300g!)</p>	<h2>Day 5</h2> <p>Pack a fruit or put a fruit basket on your kitchen counter to always have a fruit ready when you feel like a snack. It will help you increase your intake without having to think of it! (An extra 80g of F&amp;V is always welcome #400gchallenge)</p>	<h2>Day 6</h2> <p>Prepare a soup on weekends. Easy to prepare, they make quick &amp; easy diner options when you get home late and don't want to cook. Hot or cold, both can be good all year long! (A bowl will bring you around 250g)</p>
<h2>Day 7</h2> <p>Ready for 400g already? Half a grapefruit at 8am, a cucumber and avocado salad for lunch, and spinach pesto pasta with cherry tomatoes and you're there (460g)! Easy peasy.</p>	<p>Want more daily challenges? Have questions about what these vitamins do to your body? <b>Check our website</b></p> 	