

Follow me TO BE HEALTHY!



#400GCHALLENGE

NEW YEAR NEW YOU!

Start the new year right and come up with your own resolutions. But no pressure! You can aim high, but also be proud of small victories! Taking on the #400gChallenge everyday can be one of them, as this can help you maintain a balanced and healthy diet for a new year & a new, healthier you.

1 COOK a dish with fruit or vegetables at home every weekend



Pinapple¹ works in sweet & savoury meals



2 TRY a new fruit or veg each month

Sautéed⁴ Brussels sprouts⁵



3 LEARN a new language

Hello!

Bonjour!

Hallo!

Buongiorno!

Cześć!

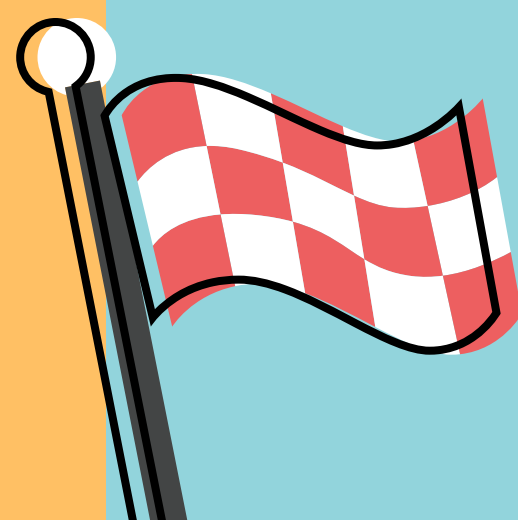
4 CHECK-IN with grandma once a week



5 TAKE on the

#400GCHALLENGE

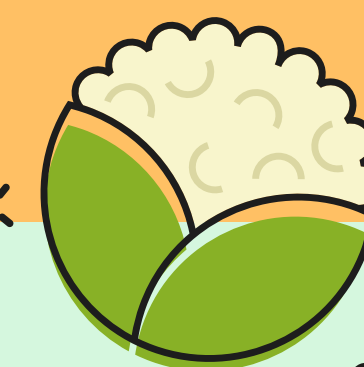
6 TAKE UP a new sport



+ + + = 400G

7 EAT fruits or vegetables at every meal

Raw cauliflower² or carrot sticks³ can do the trick if feeling lazy



ENJOY
IT'S FROM
EUROPE



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

¹ <http://www.aprifel.com/fiche-nutri-produit-allegations-ananas,23.html>

² <http://www.aprifel.com/fiche-nutri-produit-chou-fleur,97.html>

³ <http://www.aprifel.com/fiche-nutri-produit-carotte,87.html>

⁴ <https://www.food.com/recipe/shredded-brussels-sprouts-with-bacon-and-onions-193511>

⁵ <http://www.aprifel.com/fiche-nutri-produit-chou-de-bruxelles-cru,80.html>