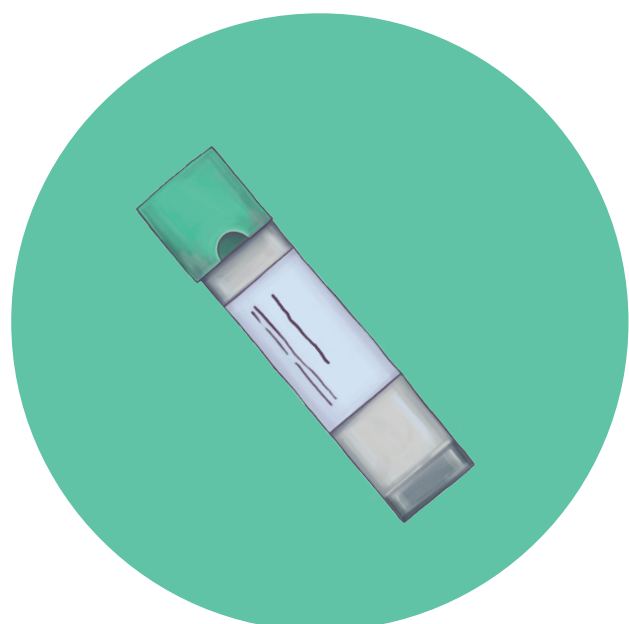


HEALTHY BOWELS START HERE

HEALTHY BOWELS START WITH A BALANCED DIET. THIS CHART SHOWS THE RIGHT AMOUNTS OF FOOD TO EAT FROM EACH FOOD GROUP EACH DAY.

KEEP YOUR BOWEL HEALTHY:

- Follow the NHS Eatwell Guide
- Maintain a healthy weight
- Get regular physical activity
- Cut down on alcohol
- Quit smoking



DON'T FORGET YOUR BOWEL CHECK!

If you're 50 or over, you'll get a screening test in the post every 2 years. It's quick and easy to do – don't ignore it.