

To *Live Life Well* is to take positive steps to maximise your chance of living a long and healthy life.

Tip 6

Limit fried food, cakes, sweets, chips and soft drink

- For good health it's important to limit how often we eat foods that are high in fat, sugar and salt.

- Fatty foods like biscuits, cakes, pastries and takeaway fried food are not only very high in calories that help put on weight, they are also high in saturated fat that raises cholesterol levels.

- Instead of soft drink reach for a glass of water. Remember to drink plenty of water every day, and even more when you're being active or when it's hot.

- Check out the website for more healthy tips and take the health assessment challenge.
