

# WHERE DO I START?



# NUTRITION

## BREAKFAST

Start your day with a healthy breakfast (examples can be found on the B.E.N. posters).  
Just start with that one habit, every day.

## SNACK

Carry a healthy snack with you. If you buy a snack, make it real whole food.

**Examples:** fruit, homemade granola bars or protein balls, natural yoghurt and honey, nuts and nut butters, hummus and chopped veggies, wholegrain toast and marmite, a boiled egg (or 2), dark chocolate, edamame beans.

## HYDRATE

Carry a water bottle if it helps to remind you.

If you start your day with a healthy breakfast, and carry a healthy snack with you, then by meeting your hydration needs, you'll be scoring 8 points from a possible 12 on nutrition in the app and be well on your way to the green zone!

