



Let's think about our food



Remember to

eat well. This is important as we get older.

There are certain foods we should try to eat – and others we should limit or avoid. We should also watch our weight, cut down on salt and make sure we prepare and store food safely.

But most important of all, we should also make sure we actually enjoy our food! Here are some [guidelines](#). *(Photo: Clive Price)*

## Category

1. Friends & Family

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