



StairSteady loves the WHO 5 a day campaign. Here are 5 reasons to get your 5 a day:

- ❖ Fruit and vegetables taste delicious and there's so much variety to choose from.
- ❖ They're a good source of vitamins and minerals, including foliate, vitamin C and potassium.
- ❖ They're an excellent source of dietary fibre, which helps maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
- ❖ They can help reduce the risk of heart disease, stroke and some cancers.
- ❖ Fruit and vegetables contribute to a healthy and balanced diet.