



Lunch Recipe:

Salmon sandwich (serves 2 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Focused

Salmon is an oily fish and contains omega-3 fatty acids. It's good to try and have oily fish at least once a week as they are full of protein which can help you feel focused. Why not also try sardines, mackerel or tuna?



Ingredients:

100g can salmon (in water), 50g low-fat yoghurt, the juice of one small lime or lemon, a pinch of black pepper for taste, four slices of wholemeal bread

Method:

1. Open can of salmon and drain away all the water.
2. Put salmon in a bowl and mash.
3. Squeeze lime/lemon juice on to salmon.
4. Add the yoghurt and pepper and mix all ingredients well to make two yummy sandwiches.

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?