



## Tips for a Healthy Ireland

[hse.ie/healthyireland](https://hse.ie/healthyireland)



**Be Active:** for at least 30 minutes of moderate physical activity 5 days per week (adults)

**Eat:** 5 - 7 portions of fruit and veg every day



**Move:** more and sit less

**Monitor:** your alcohol intake to keep within weekly low risk limits:



17 standard drinks for men per week; 11 standard drinks for women per week;  
2-3 alcohol free days per week; < 6 standard drinks on any one occasion



**Quit:** smoking and live healthier, happier and longer  
You **can** QUIT and we **can** help - **1800 201 203**

Health leaflets can be ordered through [www.healthpromotion.ie](https://www.healthpromotion.ie)



## Useful Links

[hse.ie/healthyireland](https://hse.ie/healthyireland)

**Alcohol Awareness:** [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)



**Drug Awareness:** [www.drugs.ie](http://www.drugs.ie)



**Mental Health:** [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



**Nutrition:** [hse.ie/healthyeatingactiveliving](https://hse.ie/healthyeatingactiveliving) - [www.safefood.eu](http://www.safefood.eu)

**Physical Activity:** [www.getirelandactive.ie](http://www.getirelandactive.ie)



**Pregnancy, Breastfeeding, Child Health:** [www.mychild.ie](http://www.mychild.ie) [mychild.ie](http://mychild.ie)

**Smoking:** [www.quit.ie](http://www.quit.ie)



**Sexual Wellbeing:** [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie)



[sexualwellbeing.ie](http://sexualwellbeing.ie)

**Walking:** [www.getirelandwalking.ie](http://www.getirelandwalking.ie)

