

Fruit and Vegetables

smoothies should be combined total of 150ml a day! Choose from fresh, vitamins and minerals and per day. limited to no more than a These are good sources of juiced. Fruit juice and/or frozen, tinned, dried or fibre. Aim to eat 5 portions

Proteins

to reduce intake of red and processed meat. and are higher in fibre and protein. good alternative to meat Beans and pulses are a grow and build muscles. very important for helping us Proteins such as beans, Try to eat 2 portions of fish a week, and try as they contain less fat pulses, fish, eggs, meat are

and use in small amounts. Eat sparingly. Oil and Spreads Choose unsaturated oils and spreads

Carbohydrates

energy. Choose higher-fibre, brown rice, or simply leave potatoes, bread, rice, pasta wholegrain varieties, such as wholewheat pasta and up just over a third of the and cereals should make important for giving us food you eat. These are Starchy foods such as skins on potatoes.

Dairy and Alternatives These are a source of

Choose lower fat and important for strong calcium which is teeth and bones. sugar options

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Food and Drinks High in Fat and / or Sugar