

## Carbohydrates

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

**Dairy and Alternatives**

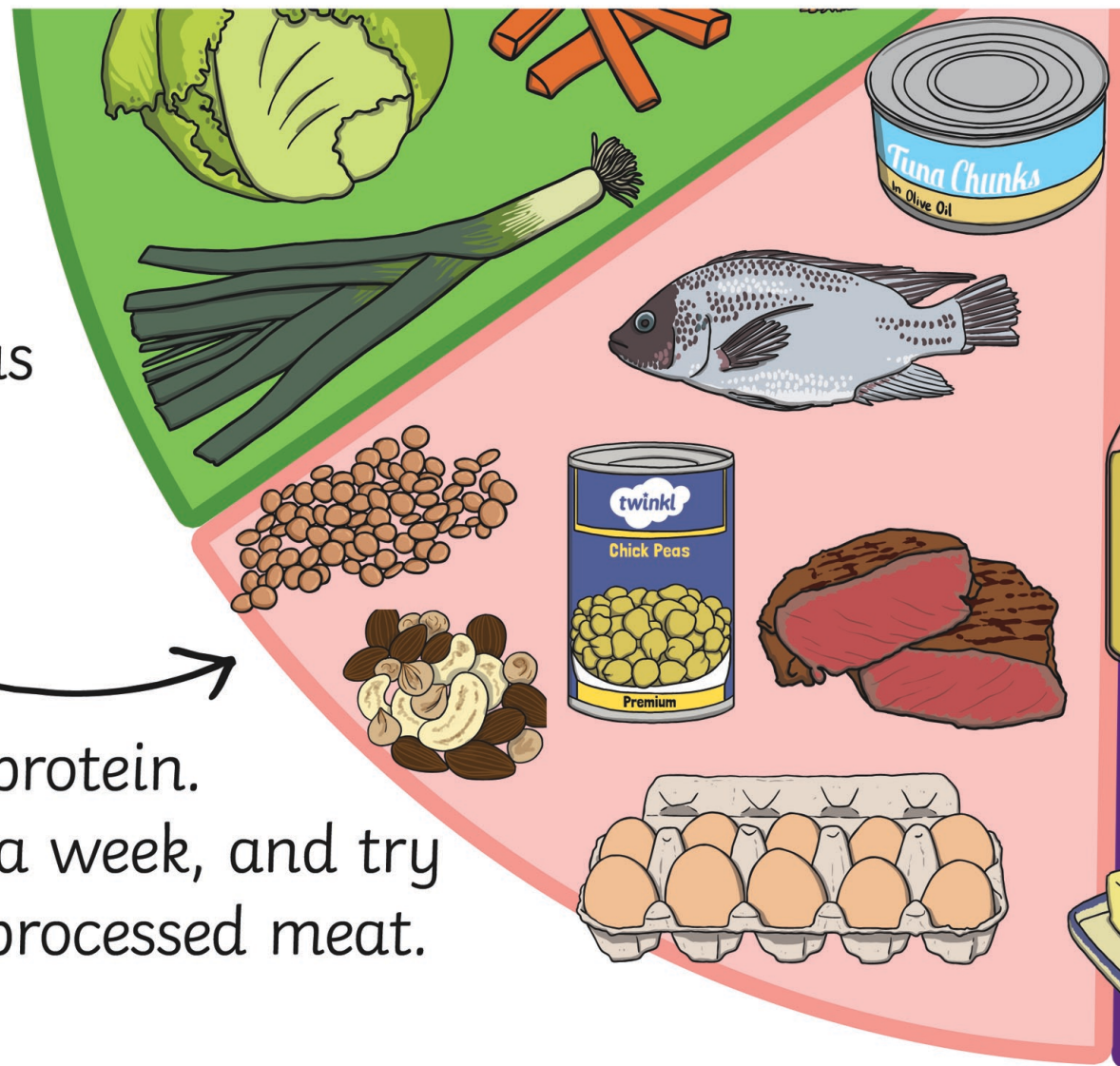


## Proteins

Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles.

Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein.

Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.



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

These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.



**Food and Drinks High in Fat and / or Sugar**  
Eat less often and in small amounts.

