STAYING HEALTHY

Food groups for a balanced diet

Fruit and veg

Plenty, in lots of colours.

Starchy foods

Bread, rice, pasta and potatoes give energy.

Protein

Beans, fish, eggs and meat help the body grow and repair.

Dairy and alternatives

Milk, cheese and yoghurt (or alternatives) for strong bones.

Fluids

Water is the best drink.

Treats are fine now and then, in small amounts.

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