Bread, Rice, Potatoes, Pasta and other starchy foods
These foods form the basis of each meal. Wholegrain varieties will make you feel full for longer. They provide energy, B-vitamins and fibre.

Fruit and Vegetables
Fruit and vegetables provide essential vitamins, minerals and fibre. Aim for 5-a-day

Meat, Fish, Eggs, Beans and other non-dairy sources of protein
These foods provide protein, iron, B-vitamins and omega-3 fatty acids.

Milk and Dairy Foods
These foods provide protein and calcium for strong bones and teeth. Choose low fat varieties to avoid too much saturated fat.

Foods & Drinks High in Fat and/or Sugar
These foods are high in calories, sugar and/or saturated fat.

Eat foods from this group sparingly