

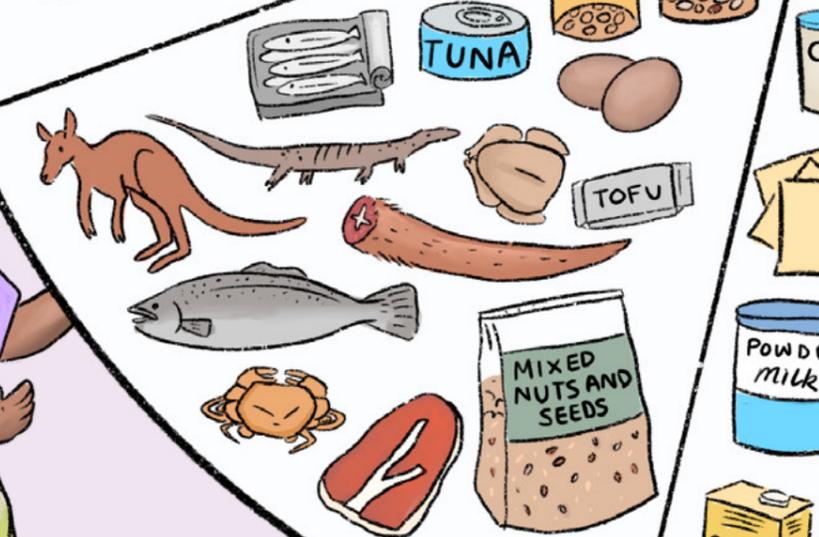
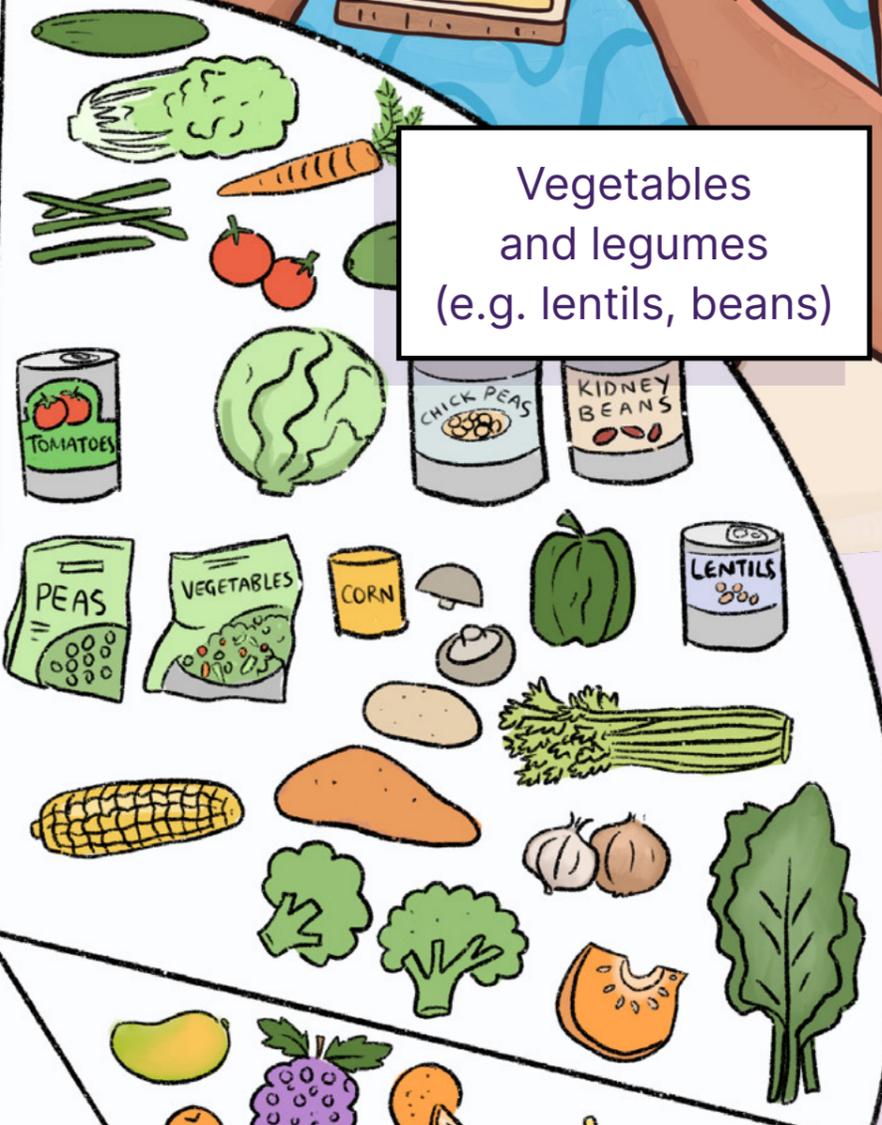
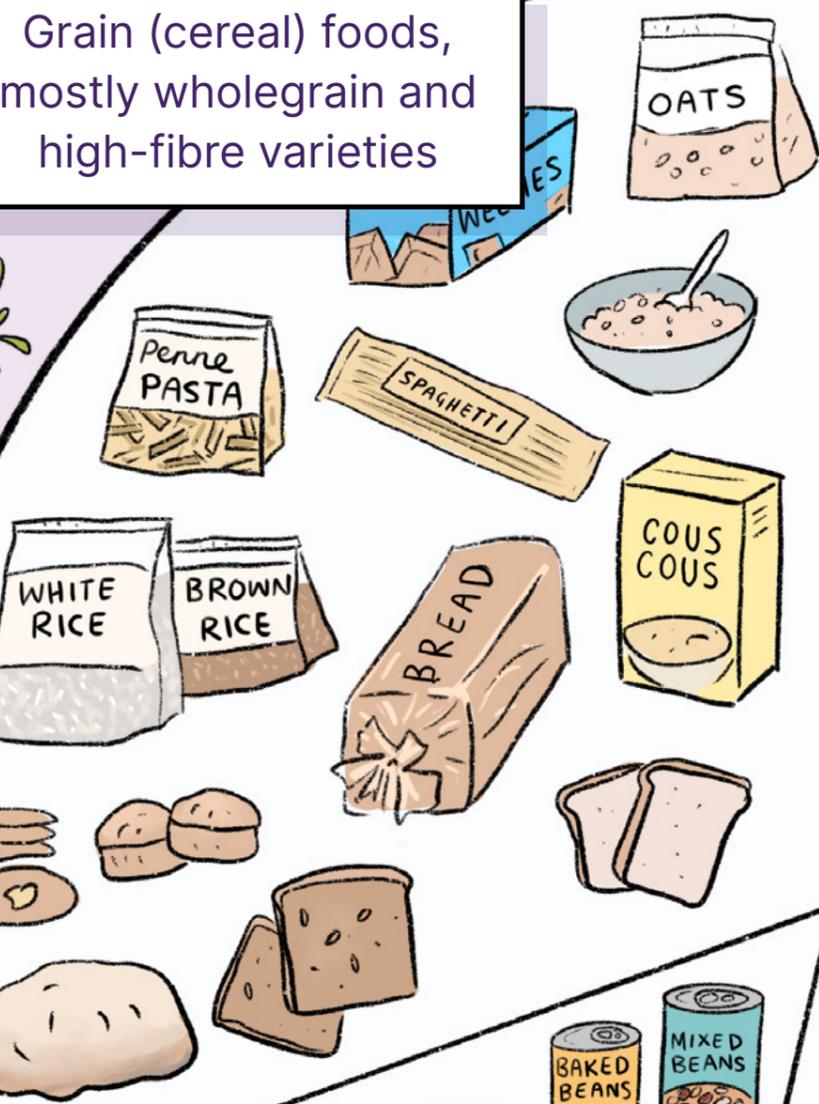
Stay healthy and strong

Eat foods from the five food groups every day



Grain (cereal) foods, mostly wholegrain and high-fibre varieties

Vegetables and legumes (e.g. lentils, beans)



Red meat, chicken, fish, eggs, tofu, nuts, seeds and legumes

Milk, cheese, yoghurt and dairy alternatives, mostly reduced fat

Fruit

