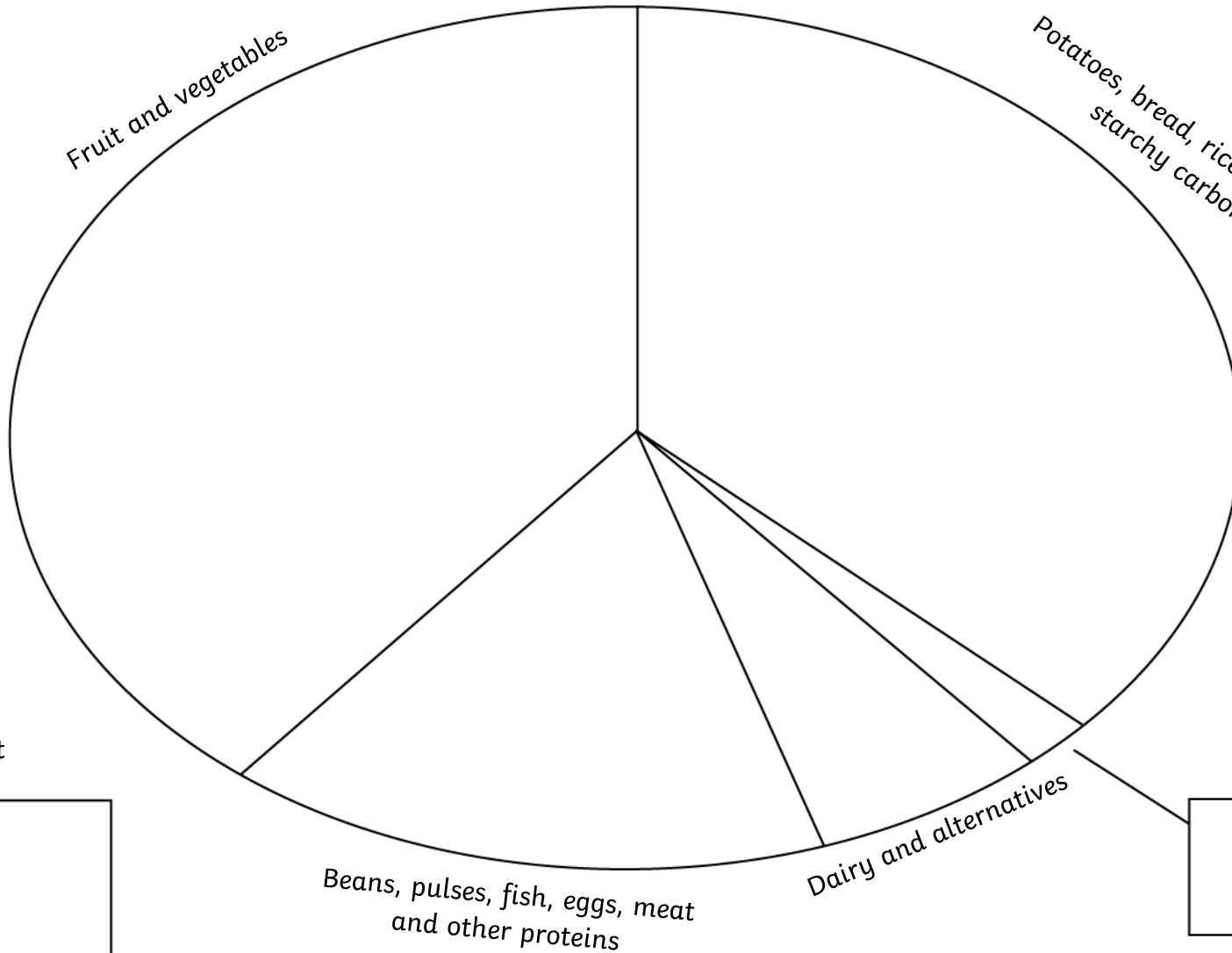
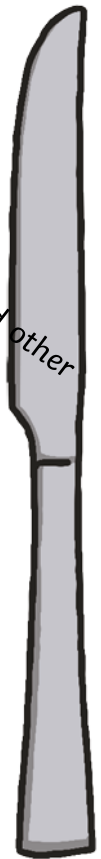
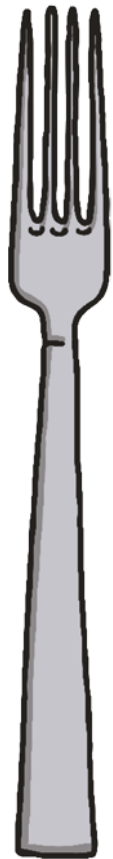


A day of Healthy Eating

Choose a balanced diet for breakfast, lunch and evening meal

Remember to use lots of fruit and vegetables and carbohydrates and less of the other food groups



High in fat, salt and sugar

Oils and spreads

Cut out the food to sort and put on your plate.

