



Everyday food choices

Enjoy variety across the five food groups.



Vegetables and fruit

Choose a colourful variety.
Fresh, frozen or suitable canned.



Wholegrain foods

Try oats, wholegrain bread
and brown rice.



Protein foods

Lean meat and poultry, fish,
eggs, tofu, beans, nuts and seeds.



Milk, yoghurt or alternatives

Choose suitable options.
Check calcium in alternatives.



Water and useful fats

Make water your main drink.
Use nuts, seeds and olive oil.



Convenient can be useful

Frozen vegetables and canned
beans can make meals easier.

LESS OFTEN: foods high in added salt, added sugar or saturated fat.