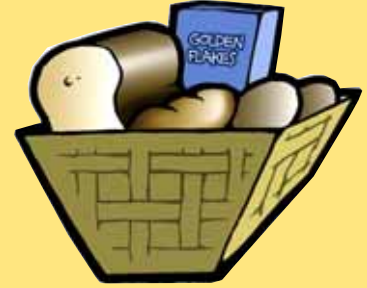




The Food Groups

1 Bread, other cereals and potatoes

These foods contain **carbohydrate** which provides 'slow release' energy.



2 Fruit and vegetables

A good source of **vitamins and minerals** which help us fight colds and keep our skin and eyesight healthy.



3 Milk and dairy foods

These foods contain **calcium** which helps to build strong bones and teeth. They are also a source of protein.



4 Meat, Fish and vegetarian alternatives¹

These foods contain **protein** for growth.



5 Foods containing fat² and foods containing sugar

A small amount of fat and sugar is required in a balanced diet.



¹ Vegetarian foods which are good sources of protein include - pulses (such as lentils and beans), nuts and seeds, eggs, soya, tofu and mycoprotein, sold as Quorn™

² As well as fat, including some essential fatty acids, foods containing fat also provide some vitamins.