

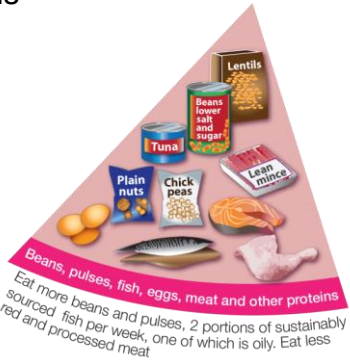

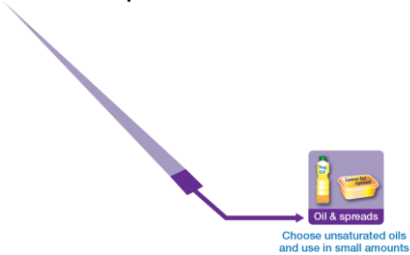


The Eatwell Guide food list

Food group	Examples of food included in this group
<p>Fruit and vegetables</p> 	<p>Apple, baked beans, banana, broccoli, cabbage, carrots, cauliflower, cucumber, fruit juice, fruit smoothie, grapes, kiwi, lettuce, melon, mushrooms, oranges, onions, pears, peas, peppers, pineapple, plums, raisins, strawberries, sweetcorn and tomatoes.</p> <p>Fresh, frozen, dried, canned and juiced all count.</p>
<p>Potatoes, bread, rice, pasta and other starchy carbohydrates</p> 	<p>Bread: soda bread, rye bread, pitta, flour tortilla, baguettes, chapatti and bagels.</p> <p>Rice, potatoes, breakfast cereal, oats, pasta, noodles, maize, cornmeal, couscous, bulgur, polenta, millet, spelt, wheat, pearl barley, yams and plantains.</p>
<p>Beans, pulses, fish, eggs, meat and other proteins</p> 	<p>Meat, poultry and game including: lamb, beef, pork, chicken, bacon, sausages and burgers.</p> <p>White fish (fresh, frozen or canned) including: haddock, plaice, pollock, coley, cod and tuna.</p> <p>Oily fish (fresh, frozen or canned) including: salmon, herring, pilchards, sardines, sprats, trout and mackerel.</p> <p>Shellfish: including, prawns, mussels, crab, squid and oysters.</p>

	<p>Nuts, eggs, beans and other pulses including: lentils, chickpeas, baked beans, kidney beans and butter beans.</p> <p>Vegetarian meat alternatives e.g. tofu, tempeh and mycoprotein.</p>
<p>Dairy and alternatives</p> 	<p>Milk, cheese, yogurt, fromage frais, quark, cream cheese.</p> <p>This includes non-dairy alternatives to these foods such as soya drinks.</p>
<p>Oils and spreads</p> 	<p>Vegetable oil, rapeseed oil, olive oil and sunflower oil.</p> <p>Soft spreads made from these unsaturated oils.</p>