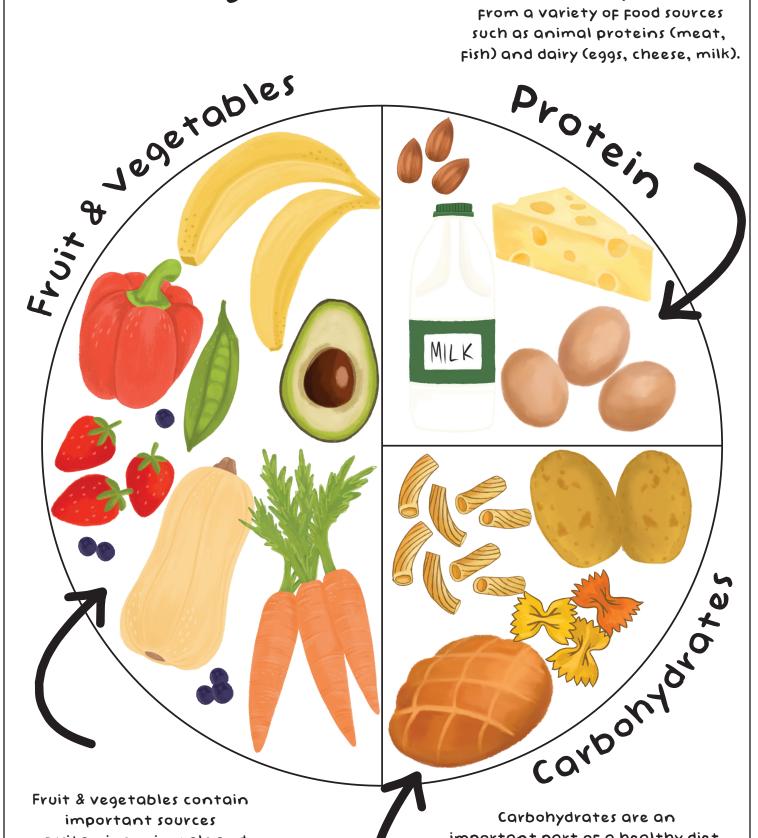
Food groups

Proteins are important
for our bone health, for
energy and to help us grow. It
is important to get protein
from a variety of food sources
such as animal proteins (meat,
fish) and dairy (eggs, cheese, milk).



important sources
of vitamins, minerals and
fibre. It is recommended
to eat 5 portions
of fresh fruit and veg a day.

Carbohydrates are an important part of a healthy diet. Carbohydrates provide the body with glucose which we convert into energy. The healthiest forms of carbohydrates are found in whole grains, vegetables and beans.