

OUR PLATE OF GOOD HEALTH

Fruits and vegetables are good for your general health and to fight off coughs and colds. You should have lots of these foods.



Fruits and vegetables



Bread, rice, potatoes, pasta and cereals give your body energy. You should have lots of these foods.



Bread, rice, potatoes, pasta, cereals



Milk and dairy foods are good for healthy bones. You should have a medium amount of these foods.



Milk and dairy



Meat, fish and beans are good for growth and repair. You should have a medium amount of these foods.



Meat, fish, eggs, beans



You should only have a small amount of high sugar foods



Foods high in fat and/or sugar



To stay healthy you must make sure you eat a balance of the different foods - this means the right amount from each food group.