

Fruit and Vegetables

These contain plenty of vitamins, minerals and fibre.

Carbohydrates

A good source of energy and nutrients.

Dairy

An important source of calcium, protein and vitamins.

Protein

Helps the body to grow and repair itself.

Oils and Fats

High in energy and should be eaten occasionally.

Foods high in fat, salt and sugar

These aren't needed in the diet and should be eaten less often.