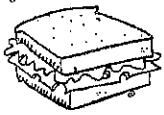
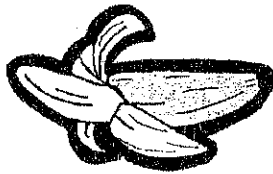


Have you included?

- 1 A good portion of starchy food**
eg. bread, rice, pasta,
pitta pocket

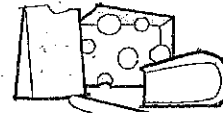


- 2 Plenty of fruit and vegetables**
eg. apple, satsuma, carrot sticks,
handful of raisins



- 5 A drink**
eg. fruit juice, milk, or water

- 3 Portion of dairy food**
eg. cheese, yogurt,
fromage frais



- 4 Portion of lean meat, fish
or alternative**
eg. ham, chicken, beef,
tuna, egg,
hummus

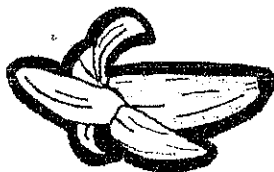


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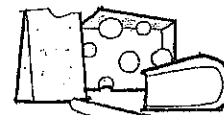


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