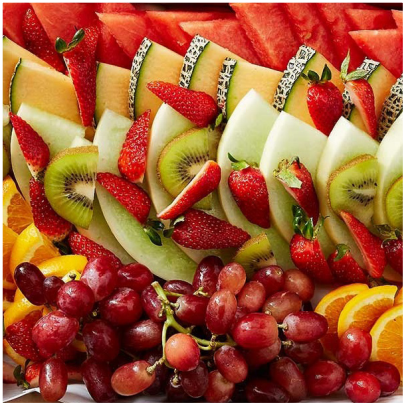


Nutrition: The best foods within the 'Revised' 5 Food Groups



Fruit must be in season, and locally produced ("zero miles")

Vegetables— must be in season, and locally produced ("zero miles")



Lean meats and poultry, fish, eggs, tofu, nuts and seeds, legumes e.g. dry beans, chickpeas, lentils, broad beans, kidney beans

Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties



Dairy Reduced fat milk, low fat yoghurt, minimal cheese, low fat dairy sources