

## **Fruits and vegetables**

**Fresh, tinned and frozen vegetables**

**Fresh, tinned and dried fruit**

**Fruit juice**

It is important that we try to eat five or more servings from this food group each day.

Fruit and vegetables contain fibre which makes our food bulky and helps with the digestion of foods.

Fruit and vegetables also give us many vitamins and minerals that our bodies need to keep healthy.

Vitamin C helps us to fight off colds and other illnesses and it is good for our skin.

## **Foods for growth**

**Fish, meat, eggs, nuts and beans**

These foods help our bodies to grow and repair themselves. They are a good source of protein.

Protein is important for the growth of healthy muscles, skin and hair.

Foods like red meats, fish and beans contain iron which is needed for making healthy red blood.

We should be eating two or three servings from this food group each day.

## **Fatty and sugary foods**

**Butter, cooking oil, margarine, crisps, sweets, biscuits, cakes, fizzy drinks, chocolates and cakes**

We should only eat a few items from this food group each day.

Too much fat is not good for us as it can make some people put on more weight than is healthy for them. A great deal of fatty food is not good for the heart although it is important that everybody eats some fat each day to stay healthy.

The sugary foods give energy like the starchy carbohydrates. However, eating many sugary foods can be bad for the teeth and cause them to decay.

## **Energy giving foods**

**Bread, pasta, noodles, rice, potatoes and breakfast cereals**

The foods in this group give our bodies lots of energy to grow and move. If we are very active we need plenty of energy giving foods.

We should try to include a food from this group with every meal or snack time.

These foods contain a lot of carbohydrates which are either starchy or sugary foods. The foods in this group are starchy and a healthier way to get energy than the foods containing lots of sugar.

# **Foods made from milk**

## **Milk, cheeses and yoghurt**

The foods in this group are a good source of protein, calcium and some vitamins.

It is important to eat three servings of food from this group each day.

Calcium is a mineral and it is good for building strong teeth and bones.

Vitamin A is found in dairy products and helps with our eyes and vision.