

Dinner

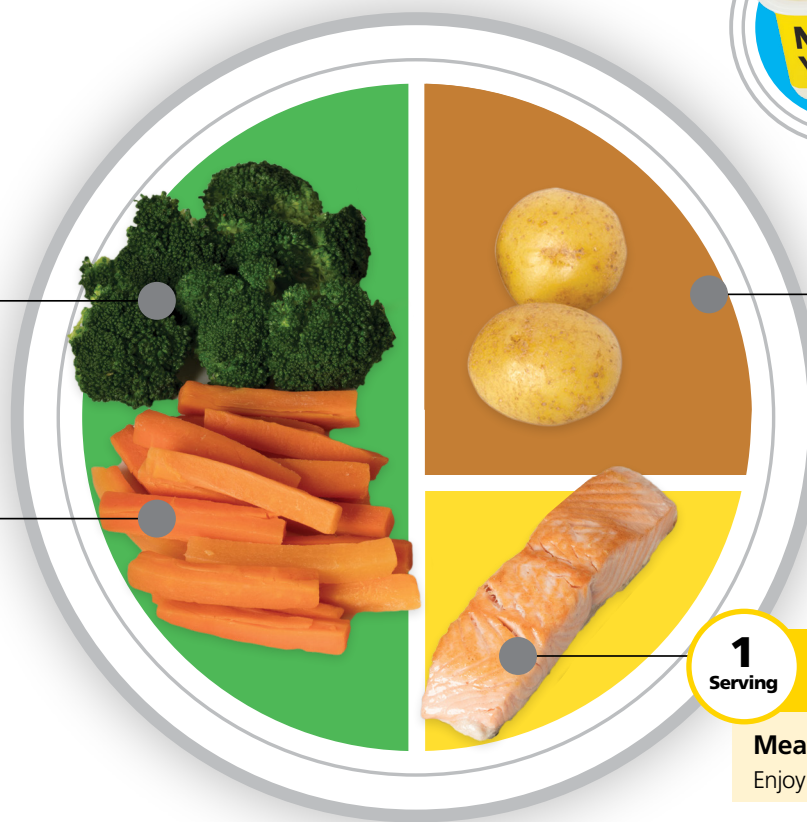


1 Serving Broccoli

1 Serving Carrots

Vegetables, salad and fruit

Enjoy 5–7 servings a day. Base your meals on these and enjoy a variety of colours.



1 Serving

Natural yogurt

Milk, yogurt and cheese

Enjoy 3 servings a day or 5 if aged between 9 and 18 years. Choose reduced-fat or low-fat varieties.

1 Serving

Potatoes

Wholegrain breads and cereals, potatoes, pasta and rice

Enjoy 3–5 servings a day and up to 7 for teenage boys and men aged 19–50. Wholemeal and wholegrain cereals are best. Enjoy at each meal.

1 Serving

75g salmon

Meat, poultry, fish, eggs, beans and nuts

Enjoy 2 servings a day. Eat oily fish up to twice a week.