

VEGETABLES

Examples include:

Asparagus, bamboo shoots, bean sprouts, beetroot, broad beans, broccoli, sprouts, cabbage, cauliflower, carrots, celery, salad (tomatoes, lettuce, cucumber, radish), spring greens, sugar snap peas, peppers, mushrooms, mangetout, leek, green beans)

CARBOHYDRATES

Choosing wholegrain options where possible

Examples include:

Bread, pasta, rice, cous-cous, potatoes, gnocchi

PROTEIN

Choosing leaner options where possible

Examples include:

Poultry, fish, eggs, lentils, beans, peas, chickpeas, pulses

FATS

Choosing low saturated and low fat options where able

Examples include:

Rapeseed/ vegetable/ olive oils

Low fat spreads

Remove visible fat from meat

HEALTHY HYDRATION

Examples include:

Water +/- no added sugar cordial

Tea/ coffee +/- low fat milk

Sugar-free drinks