

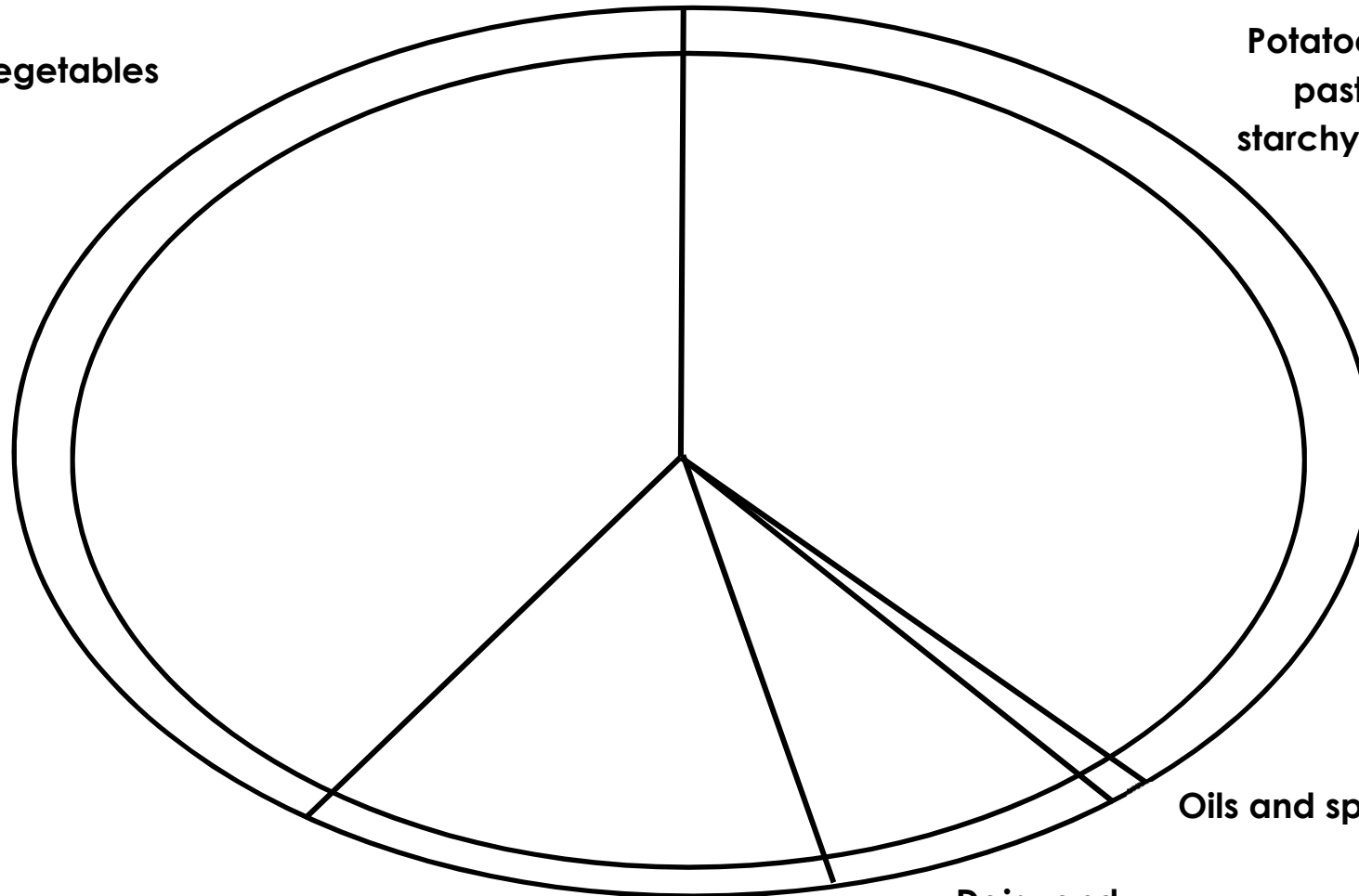
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# The Eatwell Guide

Fruit and vegetables

Potatoes, bread, rice,  
pasta and other  
starchy carbohydrates



Oils and spreads

Beans, pulses, fish, eggs,  
meat and other proteins

Dairy and  
alternatives