

Fruit and vegetables: 5 servings a day (palm of your hand = a serving size)

Starchy foods: serve at each meal (and at one snack time), choose wholegrain versions where possible



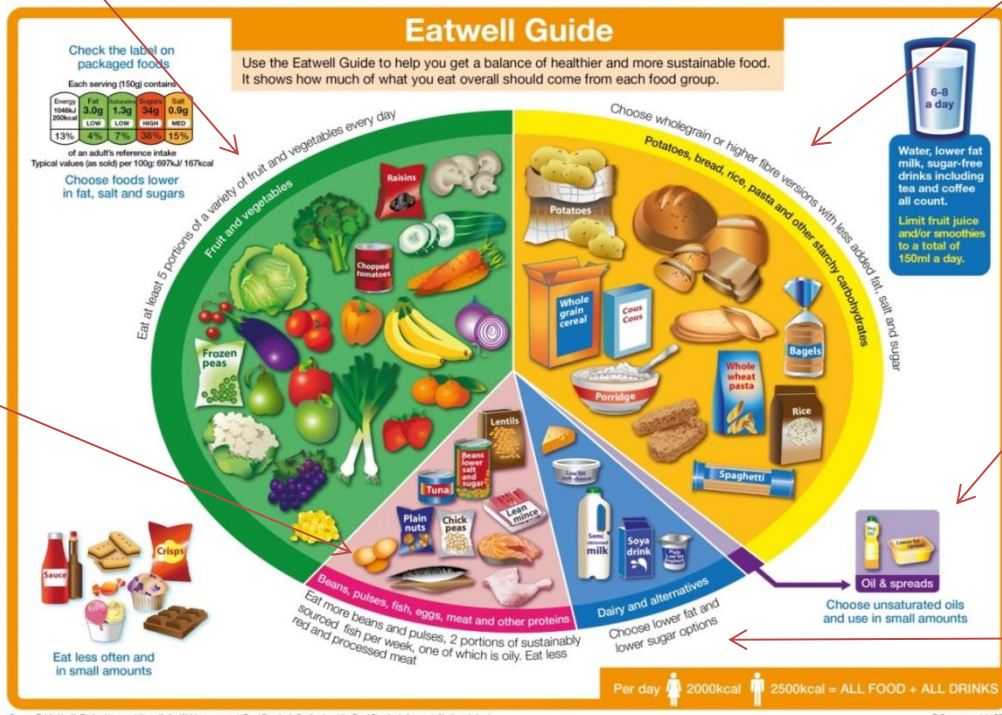
Protein: aim for 2 servings a day (3 for vegetarians)

Oils and spreads: use sparingly – 1 tablespoon per family of 4

Milk and Dairy Foods: aim for 2-3 servings a day-choose skimmed milk and low fat natural yoghurt

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