

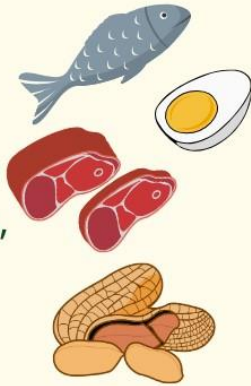
Protein

Benefit

Essential for growth and repair

Sources

Meat, fish, eggs, lentils, beans, pulses, peas, nuts



Advice

- Choose lean cuts of meat and skinless poultry
- Cook meat thoroughly
- Limit consumption of red and processed meat such as bacon, ham and sausages
- Aim for 2 portions of fish, one of which to be oily (salmon, trout, pilchards, sardines)

Portion Size

1/4 of plate or size of palm

Carbohydrates

Benefit

Good source of energy

Sources

Pasta, bread, rice, potato, cereals, noodles



Advice

- Choose wholegrain or wholemeal varieties where possible, e.g., brown rice, wholewheat pasta, and brown/wholemeal bread and high fibre white bread
- Keep the skin on potatoes
- These contain more vitamins, minerals and fibre

Portion Size

1/4 of plate or size of palm

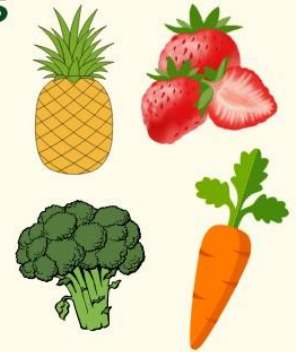
Fruits & Vegetables

Benefit

Good source of vitamins, minerals and fibre

Sources

Fresh, frozen, canned, dried or juiced fruits and vegetables



Advice

- Aim for at least 5 portions a day

Portion Size

1/2 of plate or size of 2 fists

Fresh/canned/frozen = 80g

- E.g., 1 apple, 1 pear, 1 banana, 3 tbsp of vegetables

Dried = 30g

Fruit juice/smoothie = 150ml