

# NUTRITIONFACTS



A healthy diet should contain a range of fresh vegetables.  
Fresh green leafy vegetables are particularly important.

**EAT THE MOST**



A healthy diet should contain a range of fresh fruit.  
Banana and oranges (citrus) are particularly important and contain vitamins and minerals.



A healthy diet should contain a range of breads.  
Multi-grain breads particularly important.



A healthy diet should contain fresh and canned fish.  
Fish contains essential oils and fats.



A healthy diet should contain at least some dairy products.  
Milk, in particular is a very good source of calcium.



A healthy diet should contain small amounts of fresh meats.  
Red meat, in particular, is a very good source of iron.

**EAT THE LEAST**

