

FOOD

HEALTHY EATING

OCCASIONALLY

SWEETS
FAT & SUGARY FOODS



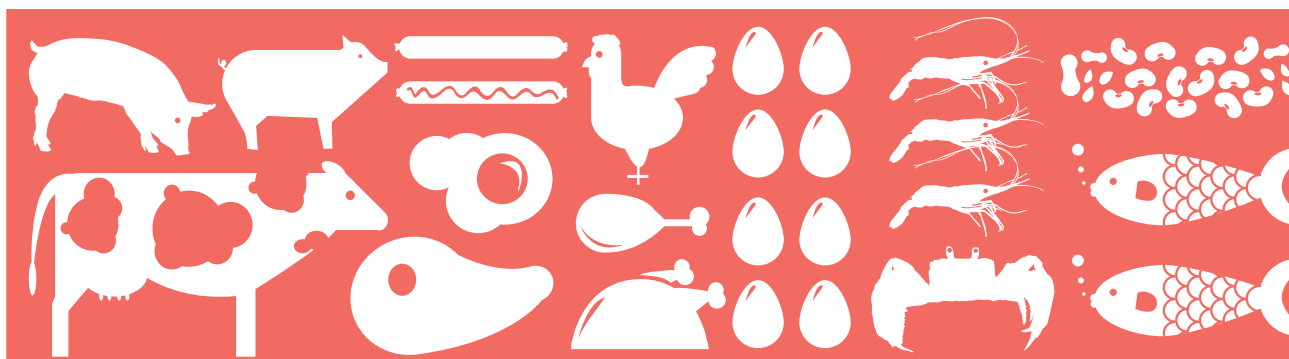
COOKIE CAKE
SWEETS PIES
COKE BISCUITS

DAIRY
A SOURCE OF CALCIUM



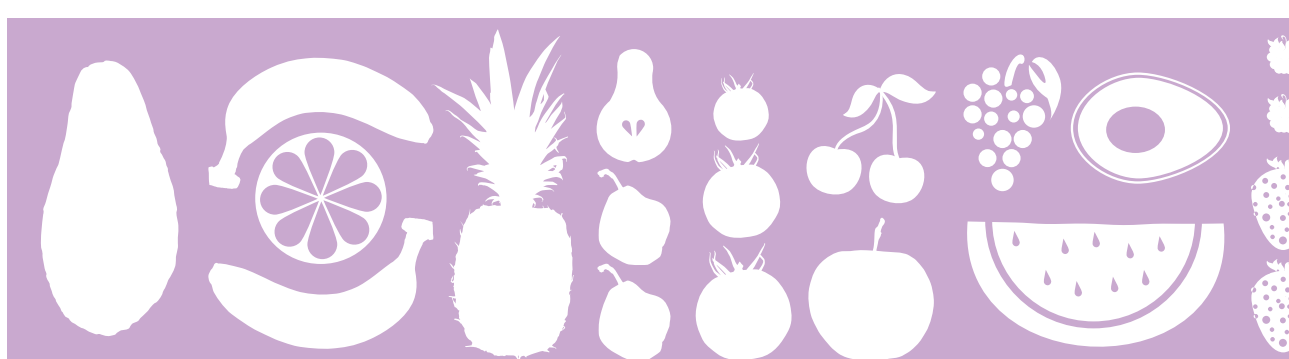
MILK CREAM
YOGHURT BUTTER
CHEESE

**MEAT, FISH
PULSES**
A SOURCE OF PROTEIN



BEEF NUTS LENTILS
CRAB PORK EGGS
CHICKEN SHRIMPS
BEANS

FRUIT
A SOURCE OF NATURAL SUGARS,
FIBRE AND VITAMINS



BLACKBERRIES
APPLES WATERMELONS
TOMATOES BANANAS
GRAPES ORANGES

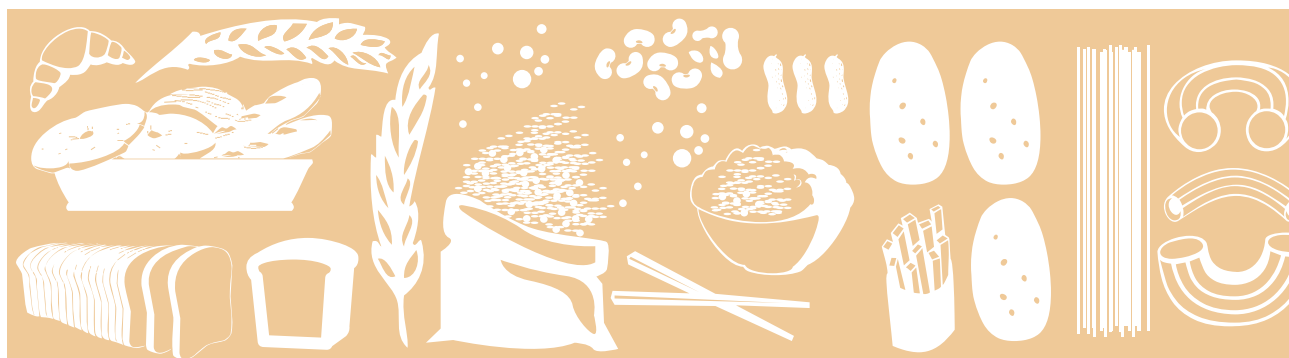
DAILY

VEGETABLES
A SOURCE OF VITAMINS
AND MINERALS



LETTUCE ONIONS OIL
CORN CARROTS
BROCCOLI PEPPERS

GRAINS
CARBOHYDRATES ARE
A SOURCE OF ENERGY



PASTA CEREALS
NOODLES RICE NUTS
BREAD POTATOES
FLOUR

WATER



WATER
GLASSES PER DAY

The Thinking Lab

