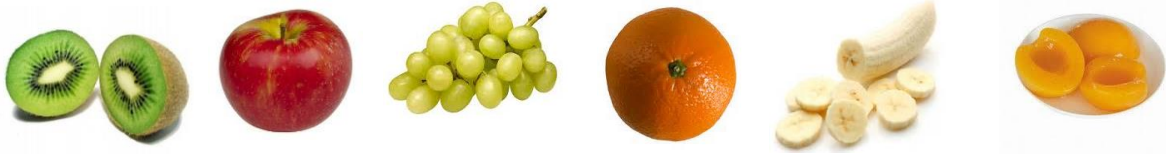


HEALTHY FAMILIES COACH

Food for a Day



Fruit



Vegetables





Wholegrain breads, rice, noodles, pasta, cereals and starchy vegetables





Lean



meat, poultry, fish, eggs, tofu, lentils and beans



Low fat milk, yoghurt and

cheese



Water/ Tea/ Coffee

