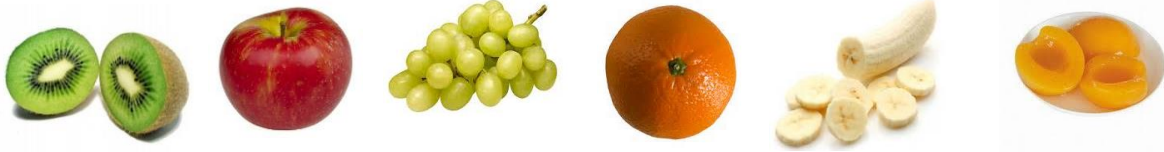


# HEALTHY FAMILIES COACH

## 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

