

Fruits and Vegetables



Banana



Raisins



Broccoli



Peas



Turnip

Breads, Rice, Potatoes, Pasta and other starchy foods



Brown Bread



Potato



Pasta



Naan Bread



Scone

Milk and Dairy Foods



Whole



Mozzarella



Blue Cheese



Feta Cheese



Skimmed

Meat, Fish, Eggs, Beans and other non-dairy sources of protein



Lamb



Beef



Salmon



Prawns



Baked Beans

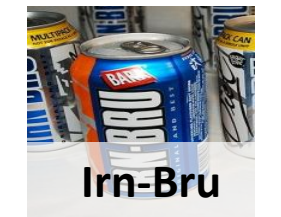
Food and drinks high in fat and/or sugar



Olive Oil



Mayonnaise



Irn-Bru



Shortbread



Cake

Fruits and Vegetables



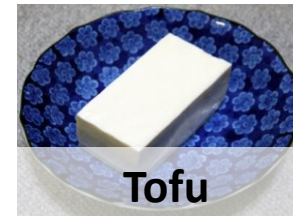
Breads, Rice, Potatoes, Pasta and other starchy foods



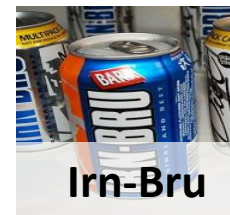
Milk and Dairy Foods



Meat, Fish, Eggs, Beans and other non-dairy sources of protein



Food and drinks high in fat and/or sugar



Banana	Raisins	Broccoli	Peas
Turnip	Brown Bread	Potato	Pasta
Naan Bread	Scone	Whole Milk	Mozzarella
Blue Cheese	Feta Cheese	Skimmed Milk	Beef
Salmon	Prawns	Baked Beans	Olive Oil
Lamb	Mayonnaise	Shortbread	Irn Bru

Cake	Pepper	Raspberries	Sweetcorn
Melon	Cous Cous	Bagel	Pitta Bread
Noodles	Yoghurt Dink	Swiss Cheese	Cottage Cheese
Cream	Kidney Beans	Nuts	Chicken
Tofu	Burger	Crisps	Ketchup
Sweets			