

**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**



**Pepper**



**Peas**



**Raspberries**



**Sweetcorn**



**Melon**

**Breads, Rice, Potatoes, Pasta and other starchy foods**



**Cous cous**



**Bagel**



**Pasta**



**Pitta Bread**



**Noodles**

**Milk and Dairy Foods**



**Yoghurt Drink**



**Swiss Cheese**



**Skimmed**



**Cottage Cheese**



**Cream**

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



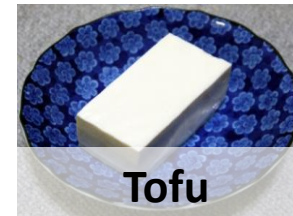
**Kidney Beans**



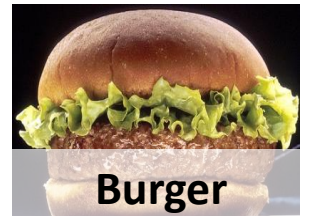
**Nuts**



**Chicken**



**Tofu**



**Burger**

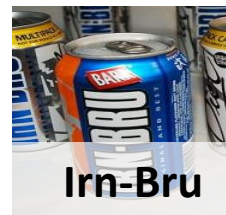
**Food and drinks high in fat and/or sugar**



**Crisps**



**Ketchup**



**Irn-Bru**



**Sweets**



**Cake**

**Fruits and Vegetables**



**Tomato**



**Sweetcorn**



**Raisins**



**Banana**



**Apple**

**Breads, Rice, Potatoes, Pasta and other starchy foods**



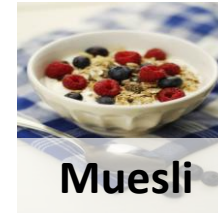
**Brown Rice**



**Noodles**



**Pitta Bread**



**Muesli**



**Pasta**

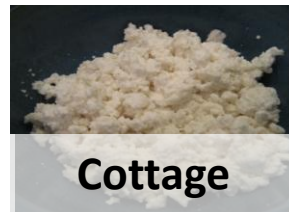
**Milk and Dairy Foods**



**Parmesan**



**Cream Cheese**



**Cottage Cheese**

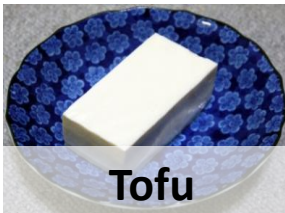


**Goat's Cheese**



**Ice cream**

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



**Tofu**



**Sausages**



**Lamb**



**Nuts**



**Baked Beans**

**Food and drinks high in fat and/or sugar**



**Sweets**



**Ketchup**



**Olive Oil**



**Cake**

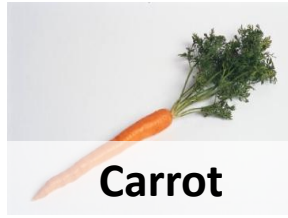


**Chocolate**

**Fruits and  
Vegetables**



**Raspberries**



**Carrot**



**Apple**



**Cucumber**



**Raisins**

**Breads, Rice,  
Potatoes, Pasta  
and other starchy  
foods**



**White Rice**



**Cornflakes**



**Naan Bread**



**White Bread**



**Brown Bread**

**Milk and  
Dairy Foods**



**Cream Cheese**



**Swiss Cheese**



**Blue Cheese**

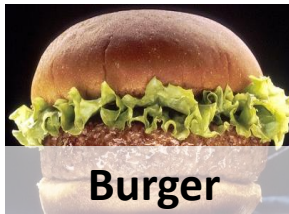


**Flavoured Milk**

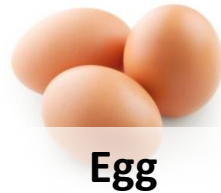


**Butter**

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



**Burger**



**Egg**



**Kidney Beans**



**Salmon**



**Baked Beans**

**Food and  
drinks high in  
fat and/or  
sugar**



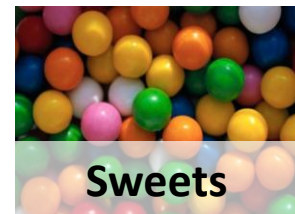
**Crisps**



**Cookies**



**Honey**



**Sweets**



**Jam**

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	Tomato	Apple	Brown Rice

Museli	Parmesan	Cream Cheese	Goat's Cheese
Ice cream	Sausages	Chocolate	Carrots
Cucumber	White Rice	Corn Flakes	White Bread
Flavoured Milk	Butter	Eggs	Cookies
Honey	Jam		