

**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

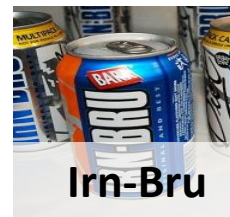
**Food and
drinks high in
fat and/or
sugar**



Olive Oil



Mayonnaise



Irn-Bru



Shortbread



Cake

Fruits and Vegetables



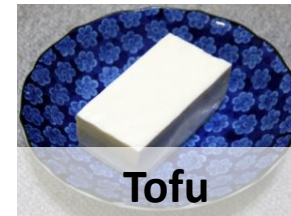
Breads, Rice, Potatoes, Pasta and other starchy foods



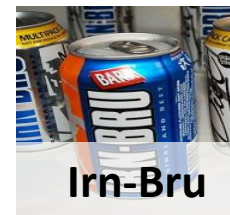
Milk and Dairy Foods



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



Food and drinks high in fat and/or sugar



Fruits and Vegetables



Tomato



Sweetcorn



Raisins



Banana



Apple

Breads, Rice, Potatoes, Pasta and other starchy foods



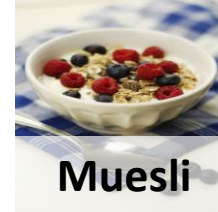
Brown Rice



Noodles



Pitta Bread



Muesli



Pasta

Milk and Dairy Foods



Parmesan



Cream Cheese



Cottage Cheese

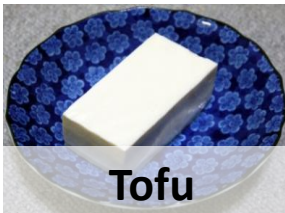


Goat's Cheese



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

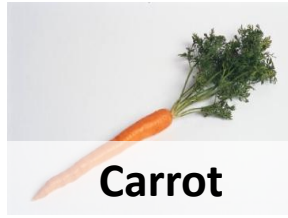


Chocolate

**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

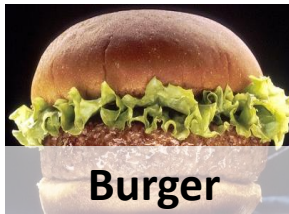


Flavoured Milk

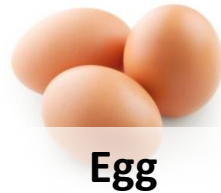


Butter

**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

**Fruits and
Vegetables**



Melon



Strawberries



Tomato



Cucumber



Pepper

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



Brown Bread



Noodles



Cous cous



Pasta



Muesli

**Milk and
Dairy Foods**



Cream



Skimmed



Whole



Cheese Slice

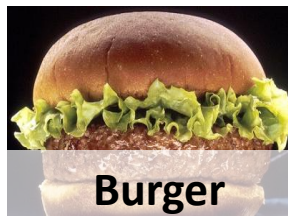


Cream Cheese

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



Salmon



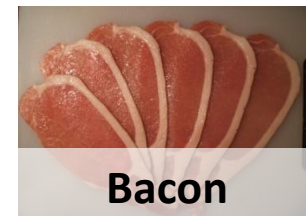
Burger



Chickpeas



Lamb



Bacon

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



Ketchup



Olive Oil



Lemonade



Sweets



Cake

Fruits and Vegetables



Cucumber



Blueberries



Raisins



Apple



Lettuce

Breads, Rice, Potatoes, Pasta and other starchy foods



Cous cous



Porridge Oats



Cornflakes



Bagel



Noodles

Milk and Dairy Foods



Cream



Skimmed



Cheese Slice



Cheddar



Flavoured Milk

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



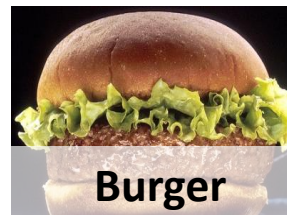
Beef



Chickpeas



Prawns



Burger



Chicken

Food and drinks high in fat and/or sugar



Shortbread



Crisps



Irn-Bru



Honey



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	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	Strawberries	Cheese Slice
Chickpeas	Bacon	Lemonade	Blueberries

Lettuce	Porridge Oats	Cheddar	Sugar