

# Food Wheel

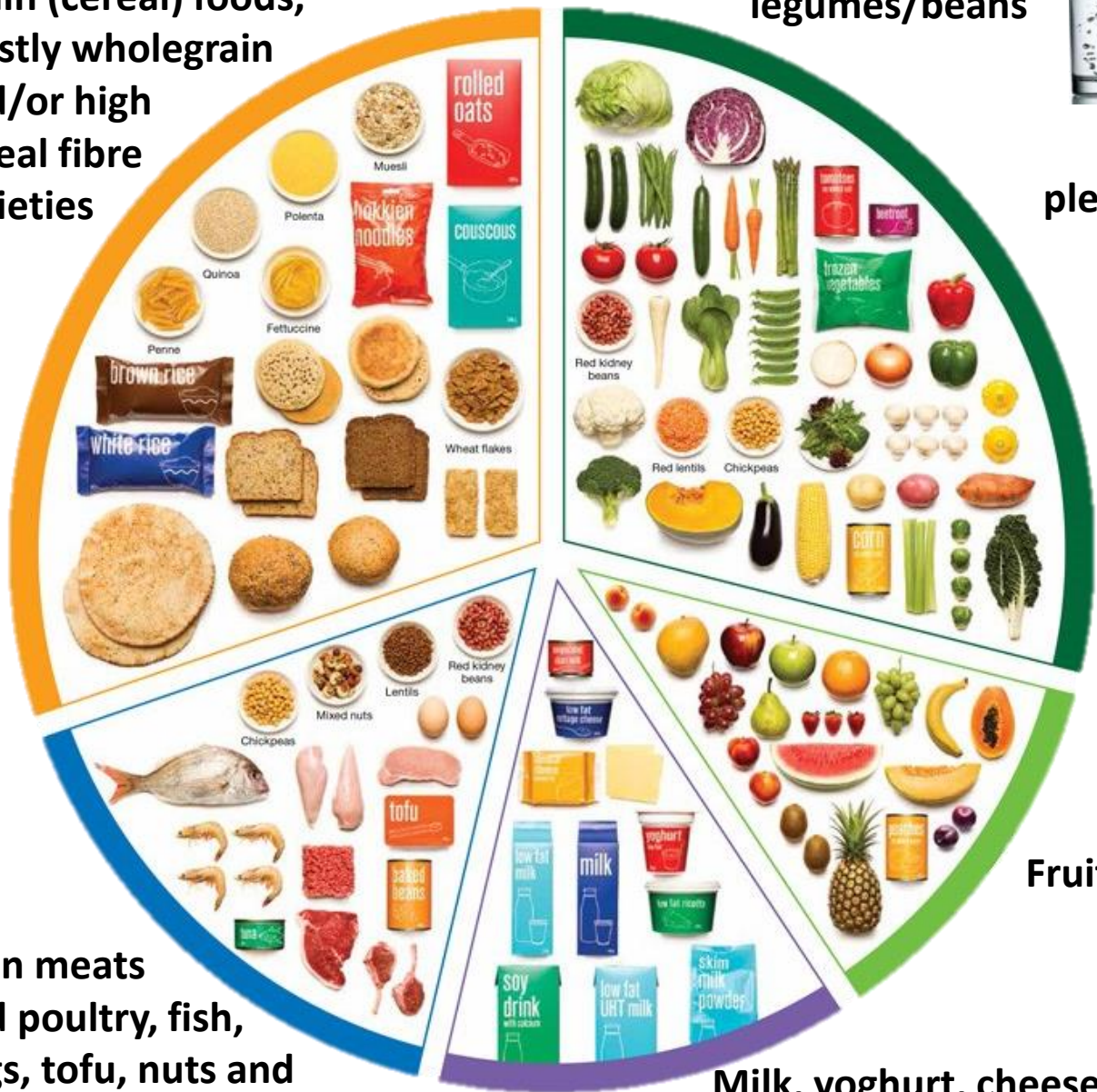
Enjoy a wide variety of nutritious foods from these five food groups every day.



Drink plenty of water

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives. Mostly reduce fat



Use small amounts

Only sometimes and in small amounts