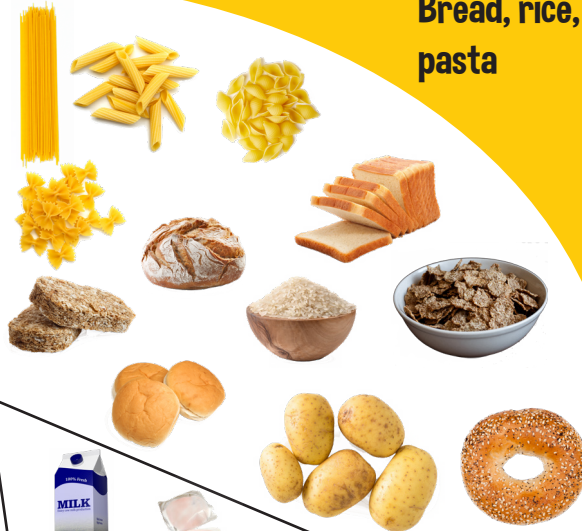


# What does a balanced diet look like?

**Fruit and Vegetables**



**Bread, rice, potatoes and pasta**



**Meat, and fish and other  
protien**



**Fat and sugar**



**Milk and dairy foods**

