Use small amounts

Only sometimes and in small amounts

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

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

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Fruit

Vegetables and legumes/beans

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

Drink plenty of water.