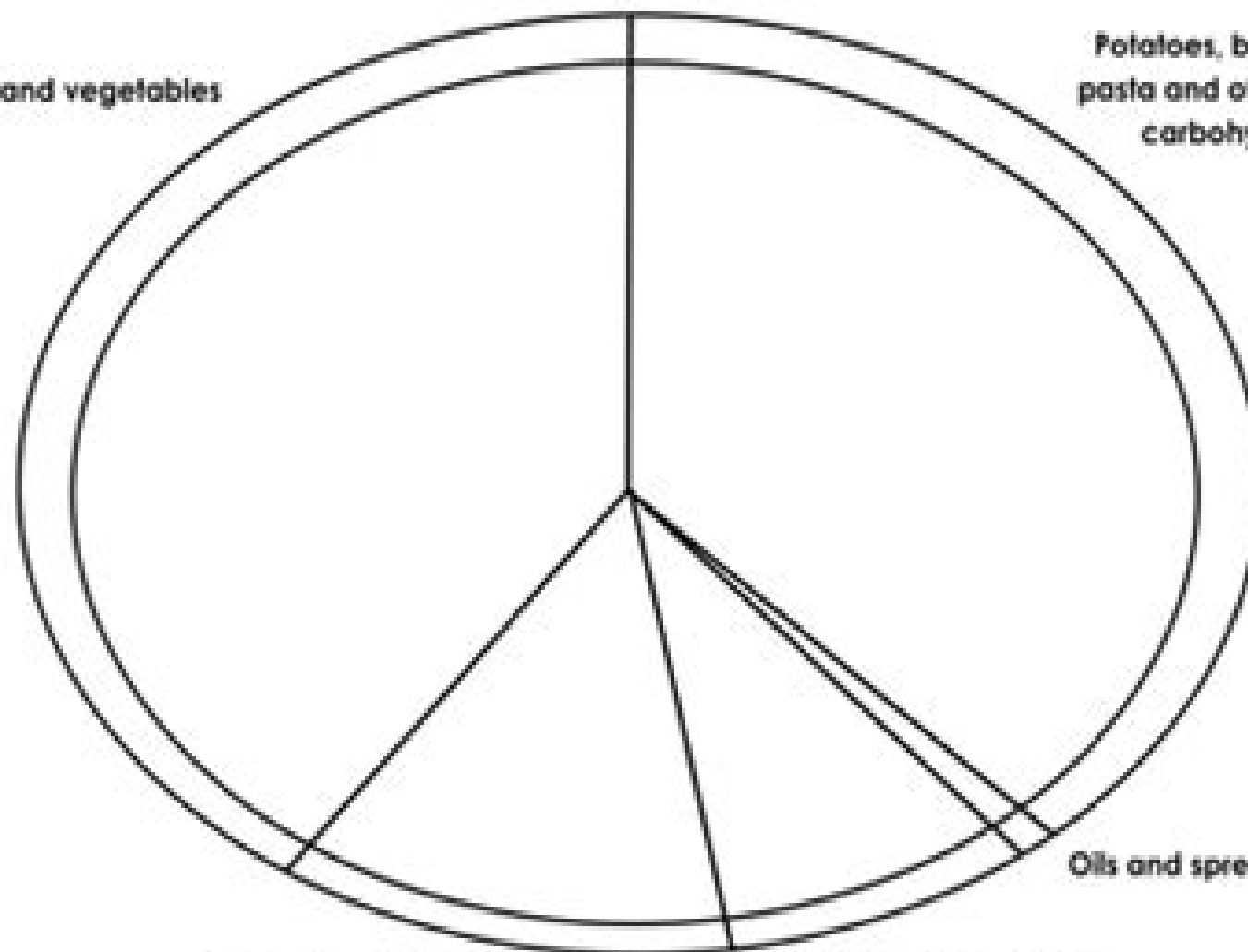


The Eatwell Guide



Fruit and vegetables

**Potatoes, bread, rice,
pasta and other starchy
carbohydrates**



Oils and spreads

**Beans, pulses, fish, eggs, meat
and other proteins**

Dairy and alternatives

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Jill Weisenberger



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