

Good Nutrition Habits for Life.

Everyday foods

High Quality proteins



pictures

Dairy.



pictures

Fruit + Vegetables



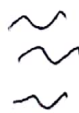
pictures

Wholegrains + Quality Carbohydrates



pictures

legumes, pulses, nuts,
seeds



pictures

Hydration.



pictures.

Sometimes Foods



Sweets:



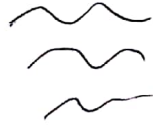
pictures

High Sugar Drinks



pictures

High Fat Content,
Poor Quality Foods



pictures