

Eat plenty of foods rich in these nutrients. Not taking enough of these nutrients can be harmful to your health, so minimum amounts are recommended.

Zinc stay strong, stay healthy. Eat: red meat, shellfish, milk, cheese, bread and cereal.

Iron feed your blood, feed your body, feed your mind. Eat: red meat, beans, nuts, dried apricots, whole grains, fortified breakfast cereals and dark green leafy vegetables.

Calcium give yourself something to smile about. Eat: dairy foods, canned fish, green leafy vegetables, dried fruits and beans.

Folate feel fit, stay focused. Eat: red meat, beans, nuts, dried apricots, whole grains, fortified breakfast cereals and dark green leafy vegetables.

Carbohydrate fuel your body, find your stamina. Eat: bread, rice, pasta, potatoes, couscous, noodles and breakfast cereals.

Protein build the foundations to function well. Eat: meat, fish, milk, cheese, eggs, yoghurt, nuts, seeds, beans, lentils and tofu.

Fibre support your natural rhythm and beat hunger. Eat: brown rice, oats, wholegrain cereals, wholemeal pasta and bread, beans, lentils, fruits and vegetables.

Vitamin C don't get sick, get smart. Eat: oranges, kiwi, broccoli, peppers, Brussel sprouts and sweet potatoes.

Vitamin A ward off disease, stay fighting fit. Eat: carrots, peppers, oily fish, eggs, liver, cheese, milk and green leafy vegetables.

Energy keep your batteries charged. Eat: a daily combination of starchy carbohydrate (50%), fat (up to 35%), and protein.

School food has standards. What are yours?

Fat are you eating the right kind? Try eating more oily fish and oils from plant sources.

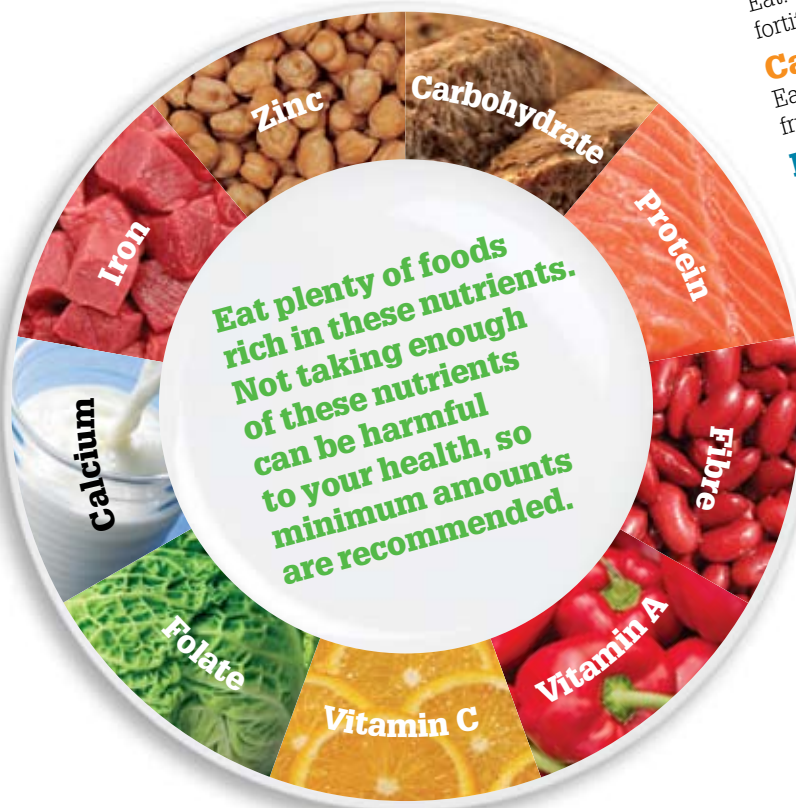
Saturated fat don't saturate yourself with fats from animal sources. Eat less mayonnaise, cakes, biscuits and fried foods.

Sodium (from salt) one less shake, give your heart a break. Too much salt can lead to high blood pressure. Avoid: processed foods.

Non-milk extrinsic sugars be kind to your teeth and cut down on sugary foods. Avoid: Fruit juice, sugar, jam, cakes, biscuits, sweetened drinks, confectionery and chocolate.



Be careful not to have too many of foods rich in these nutrients. Taking too much of these nutrients can be harmful to your health, so maximum amounts are recommended.



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