

EAT LIKE A B.O.S

Empower Your Health:
Understanding Food Groups
for a Happier, Healthier You!



Fruit and Vegetables

Aim for at least 5 portions of fruits and vegetables daily for essential vitamins, minerals, and fibre vital for good health.



Starchy Carbohydrates

Opt for whole grain varieties such as brown rice and wholemeal bread for sustained energy release and better digestive health.



Protein

Include sources of protein like lean meats, fish, tofu, and pulses to support muscle growth and repair.



Dairy and Alternatives

Dairy products and fortified alternatives like milk and yoghurt provide calcium essential for bone strength and maintenance.



Drinks

Enough fluid is crucial for maintaining bodily functions. Aim for 6-8 glasses daily to stay hydrated, with water being your main drink.



Fat, Salt and Sugar

High-fat, salt, and sugar foods and drinks can impact health; limit intake to maintain a balanced diet and reduce health risks.